





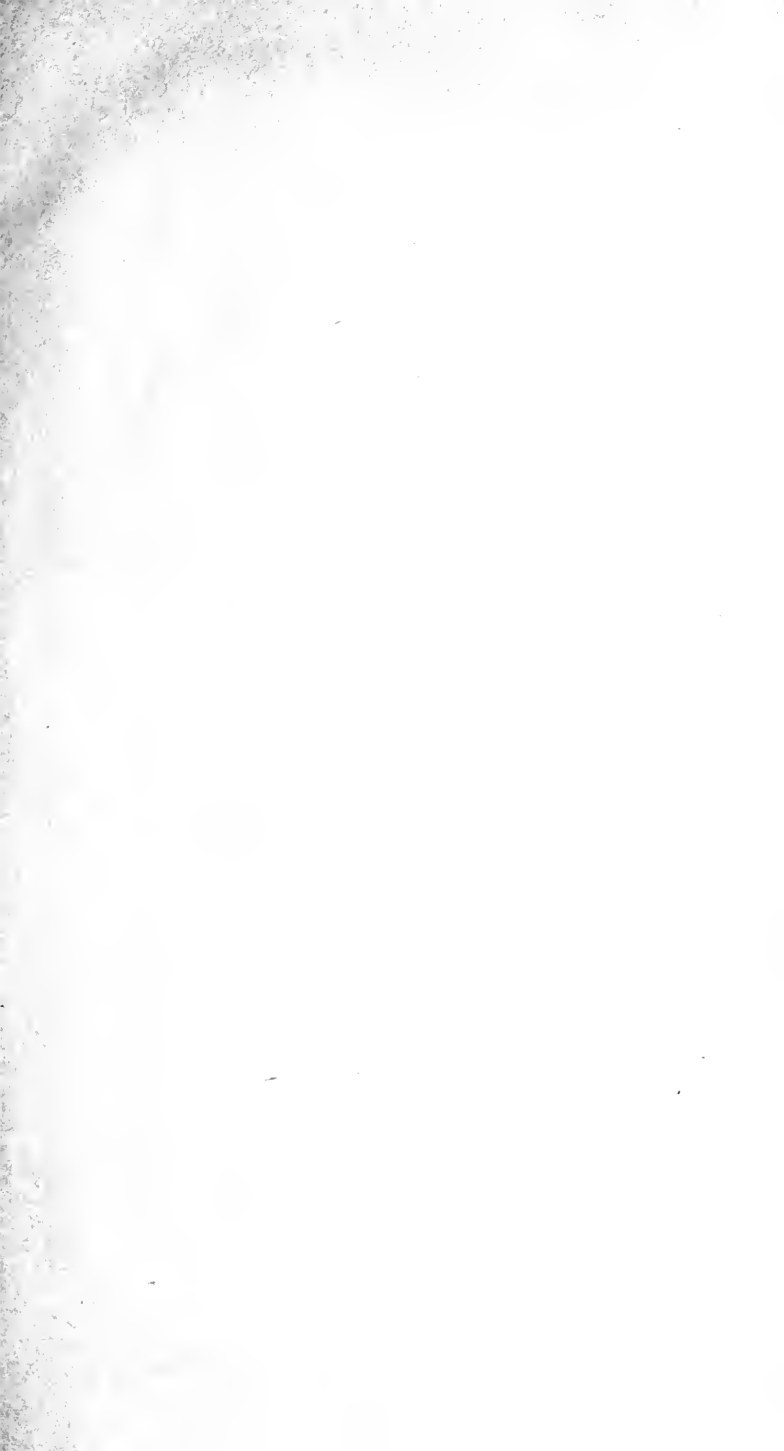
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# Cookery Reformed :

OR, THE

## LADY'S ASSISTANT.

CONTAINING

A select Number of the best and most approved  
RECEIPTS in COOKERY, PASTRY, PRESERVING, CANDYING, PICKLING, &c.

TOGETHER WITH

A distinct ACCOUNT of the Nature of ALIMENTS,  
and what are most suitable to every Constitution.

Published from Papers collected by several GENTLEMEN and  
LADIES eminent for their good Sense and Oeconomy.

To which is added,

## THE FAMILY PHYSICIAN;

COMPREHENDING

An easy, safe and certain Method of curing most  
DISEASES incident to the HUMAN BODY:

Published at the Request of a Physician of great Experience,  
who for the Benefit of the Purchaser, has carefully corrected this Work ; and shewn why several things heretofore used in COOKERY, and inserted in other Books, have been prejudicial to Mankind.

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L O N D O N :

Printed for P. DAVEY and B. LAW, at the *Bible* and  
*Ball* in *Avenary Lane*, MDCCLV.

1755



T H E

# P R E F A C E.

**T**HERE is scarce any subject on which more books have been written, than that of COOKERY ; and yet no one has been hitherto managed with less accuracy, care or judgment ; some have endeavoured to render their writings as bulky as possible, by collecting all kinds of culinary materials to swell them into several volumes, as if a man's chief business was *to live to eat, and not to eat to live* ; others again have not been contented with plain or even costly English dishes, but have introduced various examples of foreign luxury, the names of which, though perhaps well known at first, are now so corrupted that they cannot be explained or rectified by the most copious dictionaries in any language. These have been continued in all books of this kind, even in those most in vogue ; in which likewise the good and the bad dishes have been jumbled together, without order or distinction.

But these objections are of small weight in comparison of those which concern our HEALTH, for whatever affects *this* is of the highest importance ; since, when this is depraved, we are in effect bereaved of every

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other

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other blessing of life ; because every other enjoyment without health, will be rendered altogether insipid and useless ; and yet these providers for the palate have never troubled their heads about it, when they gave directions to prepare their *cullises*, their *crocands* and their *puptons* ; it not being an object worth their serious consideration. However, the least attention to those matters will convince us, that such heterogenous mixtures must necessarily vitiate and inflame the blood, and consequently disturb and depress the active functions of the body, and all the noble faculties of the mind. I could give various instances to illustrate this assertion, but I shall only mention a pernicious practice, which they all recommend with one voice ; I mean the use of brass and copper vessels in pickling, to bestow a beautiful colour on the vegetables to be preserved : this indeed will produce the intended effect, by the corrosive nature of the vinegar and other acids acting on the copper, and turning it into a kind of verdigrease, which tinges the pickles and heightens their natural verdure into a bluish green. Now as verdigrease is a slow poison, it is no wonder the frequent use of such pickles should produce great alterations in the human body, while the cause remains unsuspected. This method of reasoning is fully confirmed by the late prohibition of the use of copper vessels both in *Sweden* and *France*.

## P R E F A C E.

Few people are very fond of living up to the exact rules of phyfic, nor is it necessary they should ; but this is no excuse for taking measures that will infallibly ruin their constitutions ; especially as any man may make a delicious repast, without making himself sick with the indigestible gallimawfry of an injudicious caterer, in like manner as he may take a chearful glass, without poisoning himself with the stum'd wine of an avaricious vintner.

Such considerations as these have prevailed on me to examine some papers that have been put into my hands, and to select such materials out of them, as are most conducive to health and pleasure, without endangering the constitution ; this I think should be the chief design of those that write treatises of this kind. I have likewise in the account of aliments, and the method of curing diseases, made such corrections and alterations, as I judged would render them of real use to the publick ; and indeed there is such a natural connection between the properties and use of aliments and medicine, that I think they are here not unfitly joined together ; especially as different constitutions require different aliments to correct the excess of them, so as to render life easy.

Now as to different constitutions, there requires no great fund of knowledge to be  
able

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able to distinguish one from another ; for we can scarce help observing, that some persons are heavy, indolent, timorous and void of vivacity ; which shews that such are of a *phlegmatic* temperament ; they have likewise a pale soft skin and flesh, with lank, light coloured hair. Those of a *bilious constitution* are quick, lively and nimble in all their motions ; they are choleric, with strong passions ; the habit of body is lean and dry, and they have generally reddish curled hair. The *melancholic* are spare, strong, robust and laborious, with a dark complexion and black hair ; they are apt to be silent, absent, grave, solitary, inflexible and void of compassion ; all their actions are unpolite, they are fond of their own opinions, which are generally extravagant ; and they are always obstinate in their love and hatred. The *sanguine* are moderately corpulent, have a fresh florid complexion ; and are pleasant, gay, sincere, polite, modest and amorous. But these constitutions are seldom or never met with simple and unmixed, but one of them generally predominates over the rest : hence it appears, that what may be suitable and salutary to one constitution, may be unfit for, or rather detrimental to another. This renders the study of aliments more necessary than is commonly supposed ; and tho' writers of this class have never taken notice of any thing of this kind, it may rather be attributed to ignorance than design ; or at least



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least they judged it not to belong to their province.

But though authors of cookery have neglected this useful branch, they generally abound with physical receipts; which it were to be wished they had entirely omitted: much mischief they probably have done, but I am sure they never could do any good. Many a patient has depended upon these for relief, till the disease has gained ground and been rendered incurable; or by the preposterous operation of these incongruous medicines he has been hurried out of the world.

It was therefore high time to lay down such rules and directions for the cure of diseases, as will best answer the end for which they are designed; such will not only prevent the use of improper remedies, but also enable ladies and gentlemen in the country to assist their poor neighbours, and often raise them from the jaws of death; for they are generally destitute of any other help. For this reason, the utmost caution has been used that nothing might be recommended that would not probably answer some valuable purpose; I say probably, for there are many diseases that will elude the force of the best contrived remedies, and baffle the skill of the most able physicians.

The

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The directions are every where as plain as the nature of the subject will admit of, and are so particular, as to prevent the unseasonable exhibition of any medicine, if they are attended to with due care. Likewise such things are proposed as may or ought to be kept in every apothecary's shop, that there may be no time lost in the preparation of the drugs upon any emergency ; the neglect of which has been of considerable detriment to many an unhappy patient: I mention this with regard to accute diseases, which terminate in life or death in a short time ; but as to chronic or tedious maladies, there will be time enough to procure the best of every kind. With regard to acute diseases, it would be well if every family would keep some remedies by them, which are recommended in this book, because they are sure to be had genuine at the places herein mentioned.

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T H E

A R T

O F

COOKERY.

Of dressing B E E F.

To choose BEEF.

**O**X-B E E F is best ; which has generally a more open grain than cow-beef. The colour should be carnation, and the fewer white. When young the flesh is smooth and glossy, and if you make a dent in it with your finger, it will rise again ; if old it will be rough and spongy. The neck and briscuit are more or less so, both in young and old. Cow-beef has a closer grain, the lean is of a paler colour, and the fat more  
B white.

white. Heifer-beef is next in goodness to the Ox, and eats exceeding well. The flesh of bulls is of a deep dusky red, feels tough when pinched, has a rank smell, and the fat is skinny and hard; infomuch that the butcher cannot deceive you if he would. The signs of youth or age are of little consequence, for none will buy it that can have better.

*To roast BEEF.*

Beef should never be salted before it is laid down to the fire, for that either deprives it of its gravy, or depraves the taste; but if it were necessary to keep it a few days before it is dress'd, you need only dry it well with a clean cloth, and then flour it all over; which done, it must not be hanged in a damp or close place, but where the air can come to it readily and freely. When you are about to lay it down, paper the top; when it is down, baste it well with fine dripping all the time it is roasting, having first sprinkled salt all over it. When the smoak or steam of the meat is drawn towards the fire, take off the paper, baste it well, and drudge it with a little flour to make a fine froth; then take up the meat and garnish the dish with horse-radish. If it is a small piece, the fire must be little and brisk, that it may be done quick and nice; if large, the fire must be proportionable, and always clear at the bottom. When the beef is half done remove it and the dripping-pan from the fire, and stir it up well to make it brisk; for a great deal depends on the goodness of the fire. A piece of beef of ten pounds, supposing the fire to be good, will require an hour and a half; twenty pounds will take three hours, when thick, but if thin,

thin, two hours and a half is sufficient. Remember always, that in frosty weather it must be kept at the fire half an hour longer.

*To broil BEEF-STEAKS.*

To broil beef-steaks properly, the fire must be clear and brisk, and the gridiron very clean; likewise the dish they are to be put in must be hot, by keeping it over a chafing-dish of coals or otherwise. The steaks should be cut about half an inch thick; those of the rump are best. They should be sprinkled with a little pepper and salt, if not disliked, for some have an aversion to pepper. Then lay them on the gridiron, and keep them without turning till one side is done, for often turning wastes the gravy. Then turn them on the other side and a fine gravy will soon rise to the top of the steaks, which you must endeavour to preserve. When they are enough, remove them into the dish, without shedding the gravy. Some like to have two or three shallots or a good onion sliced fine and put into the dish, laying the steaks upon them. This done, you may put a hot cover over them and carry them to the table.

*To boil BEEF.*

When the beef is fresh put it into the water when it boils; but as it is generally salted first, it must be put in when it is cold: After the pot begins to boil, allow a quarter of an hour for every pound of meat, and then take it up. However, you must remember to take off the scum when it arises; for if it should sink again, the meat will be discoloured.

*To force the inside of a Surloin of BEEF.*

When you have put the surloin on the spit, take a sharp knife and carefully raise up the skin and fat on the inside, after which cut out all the meat close to the bone, and chop it small. Afterwards take a pound of suet and chop it fine; as also about the same quantity of crumbs of bread, a little thyme and lemon-peel, a little pepper and salt, half a nutmeg grated, and two shalots chopt very fine. Mix these altogether with a glass of red wine; then put the mixture into the place the meat was taken from, and cover it with the skin and fat; let them be skewer'd down with fine skewers, and covered with paper. The paper is not to be taken off till the meat is roasted and put into the dish. Take two shalots, shred them small and boil them in a quarter of a pint of red wine, and pour it into the dish. This when mixt with the gravy will give it a good relish.

*To make DUTCH-BEEF.*

Take a piece of the lean part of a raw buttock of beef; rub brown sugar well into every part, and lay it in a pan or tray two or three hours, turning it several times; then salt it well with common salt and salt-petre mixt together, and let it lie a fortnight, turning it every day. This done, roll it up in a coarse cloth, and let it lie for twenty-four hours, and hang it in a chimney to dry. When you have occasion to boil it put it in a cloth.

*To stew a Leg of BEEF.*

Wash a leg of beef clean, and then crack it in two or three places, and then put it into a pot with a gallon of water. When it begins to boil take off the scum as it arises. Afterwards put in two or three blades of mace, a little bundle of parsley, and a good piece of bread. Let it boil till the sinews as well as the beef are quite tender. Toast some bread, cut it into small square bits, and lay it in the dish; then lay in the meat and pour the broth over it.

*To bake a Leg of BEEF.*

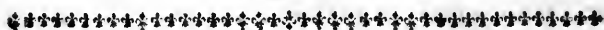
First of all, cut and hack the beef and put it into a large earthen pan with a quart of stale beer. To these add a bundle of sweet herbs, two onions stuck with cloves, a piece of carrot, a spoonful of black pepper, and a blade or two of mace. This done, cover the whole with a sufficient quantity of water, and tie brown paper rubb'd with butter very close over the top of the pan; then send it to the oven and let it be well baked. When it comes back, strain the meat from the gravy through a coarse sieve, and lay it in a clean dish. Pick out the sinews and fat, and put them in a saucepan with a few spoonfuls of the gravy, a little red wine, a piece of butter rolled in flower, and some mustard; and when the mixture is hot and thick it will serve as sauce to the beef; dish it up and send it to the table.

The gravy may be kept in the house for use; and when it is thickened with butter red wine or catchup, it will be always ready for soups of most sorts; or with pease ready boiled it may

soon be made into pease soup; or you may make a good soup with it and vermicelli boiled together; to which must be added a french roll fry'd, and a few truffles and morels, or fellery stewed till it is tender.

*To bake an OX-CHEEK.*

This, after it is well cleaned, must be put into the pan in the same manner and with the same additions. The gravy likewise will answer the same purposes.



*Of dressing V E A L.*

*To roast V E A L.*

**I**N roasting veal, let it lye at first at some distance from the fire till it is soaked: then draw it near to make it of a fine brown. A large joint must have a good fire; a small piece one that is little and brisk. The fat of a fillet or loin must be papered, to preserve it as much as possible. The breast must be roasted with the caul on till it is near enough; and the sweat-bread must be skewer'd on its backside. When it is near enough take the caul off, baste it and drudge it with a little flour. Soon after any other joint is laid down, baste it well with good butter; and when it is near enough baste it again, and drudge it with a little flour. A joint of six pounds will take up an hour and a half before it is done: One of twelve pounds three hours, unless it be thin, and then two hours will be sufficient.

*To boil VEAL.*

Put the veal into the water while it is cold, and after it boils, allow a quarter of an hour for every pound ; that is, a piece of four pound should boil an hour ; of six pounds, an hour and a half ; of eight pounds, two hours, &c.

*To stew a Knuckle of VEAL.*

Lay four wooden skewers at the bottom of a clean pot or saucepan, and lay the knuckle after it is well cleaned upon them, and put it into two quarts of water. To these add two or three blades of mace, a little thyme, whole pepper, a small onion, and a crust of bread ; cover the pot close ; let it just boil and then keep it simmering for two hours ; if it is then enough, take it up and lay it in a dish, straining the broth over it.

*Another way to stew a Knuckle of VEAL.*

Proceed as before directed ; but instead of covering the pot close, let the water boil away till there is just enough left for sauce ; then put in a spoonful of catchup, a spoonful of red wine, and a spoonful of walnut pickle, as also some truffles, and morels, or some dry'd mushrooms cut small ; boil all together, then take up the knuckle, lay it on a dish, and pour the sauce over it.

*To mince VEAL.*

After the veal is cut very fine, but not chopp'd, grate a little nutmeg over it, a little lemon-peel shredded very fine, and a very little salt. After which, drudge a little flour over the whole. If the designed plate of veal is to be pretty large, put five spoonfuls of water into

the saucepan, and let it boil; then put in the veal with a lump of butter as big as an egg; stir them well together; and when they are quite hot it is sufficient. In the mean time, thin slices of bread toasted brown should be ready prepared; and after they are cut into triangular or three corner'd sippets, they must be laid round the plate, upon which the veal must be poured; but just before you pour it in you must squeeze in half a lemon, or add a spoonful of vinegar. Garnish the plate with lemon.

*A brown fricassee of VEAL.*

Grate some bread and mix it with a little powdered mace, and a little grated nutmeg; then cut the veal into small pieces, rub them over with the yolks of eggs, and roll them up in the mixture. Throw a little butter in the stew-pan, and when it is melted put in the meat. Fry it till it is of a fine brown, and take care that none of the pieces stick to the bottom of the pan. This done, pour the butter from them, and add half a pint of gravy, a glass of red wine, and a few mushrooms, or two spoonfuls of pickle; as also a piece of butter rolled in flour. When it is of a proper thickness, take it up and send it to the table.

*To make a white fricassee of VEAL.*

Cut the veal into small pieces, and lay them in warm water to draw out all the blood. Which done, put them on a clean cloth to dry; then put them in a stew-pan with milk and water, and let them stew till they are tender. Afterwards put half a pint of cream and a quarter of butter into a clean pan, and constantly stir them together till the butter is melted, to prevent its  
appearing



appearing greasy ; then take the veal and put it into the saucepan to the butter and cream ; to these add a little powder'd mace, a very little nutmeg, and a few mushrooms ; shake them all together for a minute or two, and then the fricafy is done.

*To make scotch collops with VEAL.*

Cut the veal thin and beat it with a rolling pin ; then grate some nutmeg over the pieces, dip them in the yolk of an egg, and fry them in a little butter till they are brown. This done, pour off the butter, and in its room put half a pint of gravy, a bit of butter rolled in flour, a few mushrooms, a glass of white wine, the yolk of an egg and a little cream, mix'd together. Stir all together, and when the mixture is of a fine thickness dish it up. Water will do instead of gravy, and the cream may be entirely omitted.

*To make forced meat balls of VEAL.*

Take half a pound of veal and half a pound of suet, cut them fine and beat them in a marble mortar, or a wooden bowl ; then take a few sweet herbs shredded fine, a little powder'd mace, a small nutmeg grated, a little lemon-peel cut very fine, a little pepper and salt, and the yolks of two eggs ; mix all these well together, and roll them in balls, some round and some long ; roll them in flour and fry them brown. These are generally added to made-dishes, and are of very great use.



## *Of dressing MUTTON and LAMB.*

*To choose MUTTON and LAMB.*

**T**HE best mutton is bred upon downs, which are dry and the grass short; and many are of opinion, that this is best when above five years old, because the flavour is rich and high. However, when mutton is young, it will pinch tender, and the fat will easily part from the lean. The leg of weather mutton, which is best, has a string which did belong to one of the testicles; and that of ewe mutton an udder: Besides, the grain is closer, parts more easily, and the colour is paler. If mutton is sweet, which you may know by the smell, it is of little consequence how long it is killed, for some will keep a leg of mutton to choose a week or a fortnight, because then it will be more tender and fuller of gravy. When it is designed for mock-venison it must be always kept long. Ram-mutton, which is worst, has a rank smell, a close grain, feels tough, and does not rise again when dented by the finger; the fat likewise feels spongy: when a sheep is killed that has the rot, the flesh will be pale, and readily part from the bone. Likewise, if you squeeze it hard, drops of water will appear like sweat; the fat will be of a sickly paleness, inclining to yellow.

To know whether lamb be stale or not, you must mind the eyes of a lamb's-head; if they are plump and lively it is fresh killed; if sunk and wrinkled, stale. Likewise smell under the kidney of a hind quarter; if the smell is faint and the knuckle limber, it is stale. In the fore-quarter, when the neck-vein is of an azure blue it is fresh;

fresh; but if greenish or yellowish it will soon taint, if it is not already tainted.

*To roast MUTTON.*

All common joints must be roasted at a clear brisk fire. It must be basted when it is laid down, and must be drudged slightly with a little flour just before it is taken up. If there is too much it will spoil the taste of the meat. The skin must always be taken off a breast of mutton; and some serve a loin in the same manner, roasting it brown without paper. But a saddle, which is two loins, and a chine, which is two necks, must always be paper'd, basting it well while it is roasting; and not forgetting to sprinkle it with salt. A breast of mutton may be roasted in little more than half an hour at a quick fire; a small neck in the same time; a large neck in an hour. A leg of mutton of six pounds will take an hour; a shoulder the same. A small saddle will take an hour and a half; a leg of nine pounds the same. A leg of twelve pounds will take two hours; a large saddle three, because of the paper. In frosty weather allow a quarter or half an hour more, according to the bigness of the joint.

*To roast MUTTON venison-fashion.*

Direct the butcher to cut the hind-quarter of large fine fat mutton in the same shape as a haunch of venison; then lay it in an earthen pan, with the backside downwards, and pour a bottle of red wine over it; let it lie twenty-four hours or longer; afterwards put it on the spit, and lay it down before a good quick fire; baste it with the wine that was poured over it, as also with butter all the time it is roasting. It will  
generally

generally be done enough in an hour and a half. Put some good gravy into one cup, and some sweet sauce into another.

*To hash cold MUTTON.*

Cut the mutton off the bones into very little thin bits. Then boil the bones in a sufficient quantity of water with an onion, some sweet herbs, a little whole pepper, a blade of mace, a little salt, and a crust of bread very well toasted. Let them boil till there is about liquor enough for sauce, and then strain it: Put this into a saucepan with a piece of butter rolled in flour, and then add the meat. When it becomes very hot tis enough. Pour the hash into a dish wherein thin sippets of bread toasted have been laid. You may put in walnut pickle to give it a relish, or what else you may fancy.

*To boil MUTTON.*

In boiling mutton a joint of six pound, will take an hour and a half; nine pound two hours, or two hours and a quarter; twelve pound three hours; and so in proportion.

*To make a MUTTON hash.*

Take some made gravy, and boil in it sweet herbs, onion, pepper, and salt; then strain it for use. This done, cut your mutton into little thin bits, and strew a little flour over it. Put the mutton into the gravy, with a bit of butter roll'd in flour, a blade of mace, a shalot, and a few capers chopp'd fine; boil all together for a minute or two, and pour the mixture into a dish wherein there is laid thin sippets of bread toasted. Garnish the dish with pickles and horse-radish. Some put in walnut pickle, others a  
glass

glass of red wine. But this may be according to every one's fancy.

*To broil MUTTON-CHOPS.*

These must not be kept on one side till they are enough, like beef, but must be turned quick and often; and you must keep the dish that they are to be put in hot over a chafing-dish of coals. And be sure to remember that the gridiron be very clean and the fire clear.

*To stuff a leg or shoulder of MUTTON.*

Take twelve good oysters, the yolks of hard eggs, three anchovies, some beef-suet, and a little grated bread; as also a bit of onion, pepper and salt, a little thyme and winter-savoury, with some grated nutmeg. Mix all these together, shred them very fine, and work them into a sort of paste with raw eggs. This done, stuff it under the skin of your mutton in the thickest place, or where else you please, and then roast it. For sauce take the oyster liquor, a glass of red wine, one anchovy, a little nutmeg, a bit of onion, and a few oysters. Stew these all together; then take out the onion, and pour your sauce under the mutton.

*To make MUTTON-HAMS.*

Let a hind quarter of mutton be cut in the shape of a ham. Then take a pound of common salt, a pound of coarse sugar, and an ounce of salt-petre; mix them well together; rub your ham well with the mixture, and lay it in a hollow tray, with the skin downwards. Baste it every day for a fortnight, then roll it in sawdust, and hang it in wood smoak for another fortnight. Afterwards boil it and hang it  
in

in a dry place. It eats well cut into rashers and broiled.

*To roast HOUSE-LAMB.*

In roasting house-lamb you must paper the outside, and baste it with good butter before a very quick fire. A small neck, breast, or shoulder, will take a little better than half an hour; a leg three quarters of an hour; a small fore-quarter an hour; and a large one an hour and a half.

*To boil HOUSE-LAMB.*

House-lamb should always be put in the pot by itself, with a good deal of water; and if any scum arises it must be taken off. This method will make it sweeter and better than when boiled in cloth. With regard to the time, the rule is to allow a quarter of an hour for every pound.

*To boil a leg of LAMB.*

Take care to boil it white, as above directed, and in about an hour's time it will be enough. Cut the loin into steaks, dip them in crumbs of bread mix'd with egg, and fry them nice and brown. Boil a good deal of spinnage in another vessel, and put it in the dish; place the leg in the middle and the spinnage all round. Then cut an orange in four pieces to garnish the dish. Put melted butter into a cup.

*To dress a LAMB'S-HEAD.*

A lamb's head must be first boiled till it and the pluck is tender; but care must be taken that the liver is not over done; to prevent which it must be taken up before the rest. When the head is enough hack it with a knife cross and

cross; after which, grate some nutmeg over it and lay it in a dish before a good fire. Then take some grated crumbs of bread, some sweet herbs rubb'd small, a little lemon-peel chopt fine, a very little pepper and salt; mix them together and strew it over it, and then baste it with a little butter; then throw a little flower over it, and just before it is taken up baste it and drudge it. Take half the liver, the lights, the heart, and tongue; chop them very small, and shake some flour over the meat; stir them together, and then put in six or eight spoonfuls of gravy or water, a good piece of butter roll'd in flour, and the liquor that runs from the head into the dish; simmer all together for a few minutes, and add half a spoonful of vinegar before you put it into the dish. Lay the head in the middle of the minc'd meat, and the other half of the liver round the head cut thin, with some rashers of bacon broil'd. Garnish the dish with lemon.

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## *To dress* PORK, PIG, *and* HAMS.

### *How to choose* PORK.

**W**HEN pork is young the rind will be thin, and you may make a dent in it with your nails. Likewise the fat will be soft and pulpy, and in a manner like lard. When pork is old the rind will be thick, nor can you nip it with your nails. Likewise the lean will feel tough, the fat flabby, spongy and rough to the touch. The flesh of a boar or hog gelded at full growth, will be reddish, hard, tough, and of a rank smell; the fat will be skinny and hard; the skin very thick and tough,

tough, falling again immediately when pinch'd with the fingers. To know whether it is stale or not, put a finger under a bone that sticks out, between it and the flesh, and then smell it; for the strong smell will soon discover its being stale. Besides, the rind will be sweaty and clammy. But if it be smooth and dry it is fresh killed. Measly pork has kernels in the fat like large shot. It is very unwholesome.

*To roast PORK.*

There is no meat requires more roasting than pork; for if it be under done it disagrees with the stomach. It is common to cut the skin of the loin and leg cross-ways, to make it eat more crisp and brittle; and it is then called by some the crackling crust. Though some think the leg will eat better if it is not cut. The best way to roast a leg of pork is to parboil it first, and then to take the skin off and roast it. It must be basted with butter. Take a little sage and shred it very fine, a little pepper and salt, a little grated nutmeg, and some grated bread; throw a little at a time of this over it all the while it is roasting. The crumbs that drop from it into the pan, should be mix'd with some made gravy, and put into the dish that the pork is to be laid in. A spring, or hand of pork, when very young, should be roasted like a pig, and then it is good eating; otherwise it is best boiled. The sparerib should be basted with a bit of butter, a little sage shredded small, and a dust of flour. Pork griskins are likewise best when roasted, and basted with butter, crumbs of bread, and a little pepper and salt. Apple sauce is used with spareribs. Nothing is requir'd for griskins but mustard. A joint of eight pounds will  
take



ake upwards of two hours, unless it be thin, and then two hours will do it. Observe the same proportion in the rest.

*To roast a loin of PORK with onions.*

Take a fore-loin of pork, and roast it in the common way: Then take a quarter of a peck of onions, and let them be peeled, sliced, and put into the dripping-pan, that the fat may drop on them while the pork is roasting. When the pork is near done, take the onions up and put them into a saucepan; let them simmer over the fire a quarter of an hour, shaking them well; then pour out as much of the fat as you can, and shake in a little flour, adding a spoonful of vinegar and half a spoonful of mustard; stir them together and set the saucepan over the fire for four or five minutes. Lay the pork in a dish and put the onions in basons.

*To roast a PIG.*

Before the pig is laid down to the fire, take a little sage shredded small, a bit of butter of the size of a walnut, with a little pepper and salt; put these into the inside of the pig, and sew up the belly with coarse thread. The fire should burn fiercer at each end than in the middle; or, which will answer the same end, hang a flat iron on the middle of the grate. When you lay the pig down flour it all over very well; this must be repeated all the time till the pig is roasted; that is, till the eyes drop out, or the skin becomes crisp and hard. When the gravy begins to run, set basons or pans in the dripping-pan to catch it. When you think the pig is enough stir up the fire to make it brisk. Then take a coarse cloth, with a quarter of a pound of

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butter

butter wrapt in it, and rub the pig all over, and before all the crackling becomes crisp ; then take it up. After it is laid in the dish, cut off the head with a sharp knife, before the spit is drawn out, and in this manner let the pig be cut in two. Cut the ears off the head and lay one at each end ; cut the under jaw in two, and lay one part on one side and the other on the other. Take the gravy that was saved and put it into some good melted butter ; boil them together, and put the brains in, bruised fine ; then mix them with the sage and send the dish to the table.

The time a pig will take in roasting, if just killed, is an hour. If it was killed the day before, it will take an hour and a quarter. If a very large one, an hour and a half.

*To bake a Pig.*

Sometimes it may be inconvenient to roast a pig ; and therefore it will be necessary to know how to bake one. After having put some sage in the belly, according to the directions for roasting a pig, lay it in a dish, rub it over with butter, and flour it well ; likewise butter the dish and put it into the oven. When it is enough draw it to the oven's mouth, and rub it over with a cloth that has butter in it. Then return it into the oven till it is dry ; take it out and lay it in another dish, and cut it up. Take the fat off the dish that it was bak'd in, and there will be some good gravy at the bottom. Take this and mix it with a little veal gravy, and a little piece of butter roll'd in flour. Let the mixture just boil, and then pour it into a dish to the brains and sage that was in the belly.

*To boil a HAM.*

Put the ham into the copper or pot, and encrease the fire very slowly, so that it may continue there three or four hours before it boils, and take off the scum as often as it rises. A small ham may be kept in an hour and a half after the pot begins to boil; but if a large one, it will take two hours.

*To pickle PORK.*

Take a proper part of a hog that has been fed fat enough for bacon, and take out the bones; cut it into pieces of a size fit to lie in a pan or tub; rub them over well with salt-petre. Then take two parts of common salt, and one of bay salt, and rub them well over again. This done, put a layer of salt at the bottom of the tub, and a piece of pork over it; then another layer of salt, and then another piece, and so on; covering the whole with salt, and thrusting it to the vacant place on the sides of the tub. As the salt melts on the top, fill on more, that it may be always covered. Then lay a cloth over the tub, and a board over that; laying a weight on the board to keep it down. Thus managed, it will keep above a year.

*To boil pickled PORK.*

Pickled pork must not be put into the pot till the water boils; and then a middling piece will take an hour before it is enough. If a very large piece, it must boil an hour and a half, or two hours. But remember not to boil it too long, for it will turn to a jelly.

*To dress PIG's Petty-Toes.*

Into half a pint of water, put a little whole pepper, a blade of mace, a bundle of sweet herbs, and an onion. Then put in the petty-toes, and let them boil five minutes. After this, take out the liver, lights, and heart, and mince them very fine; grate a little nutmeg over them, and shake on a little flour. Let the feet continue in the saucepan till they are tender; then take them out and strain off the liquor: Put all these together into the saucepan, with a bit of butter of the size of a walnut, and a little salt; let them simmer five or six minutes, shaking the saucepan often; pour the liquor and minced meat into the middle of the dish, wherein toasted sippets are laid. The petty-toes must be slit, and laid round the minced meat. Some add the juice of half a lemon, or a very little vinegar.

*To choose Westphalia HAMS.*

There is a bone which sticks out of the broad end of the ham, between which and the flesh if you run a knife, and it comes out tolerable clean, with an agreeable flavour, the ham is good; but if the knife comes out smeared, and dull, the ham is either rusty or tainted.

*To choose English HAMS, GAMMONS, and BACON.*

Hams and gammons may be tried in the same manner as the former; or an iron skewer may be thrust into the middle of them; and if it smells well and sweet when taken out the meat is good. As for bacon, if the fat is white, and feels oily, without crumbling or breaking; and if the flesh sticks well to the bone, keeping of  
a good

a good colour, it is good. But when the lean has streaks of yellow, it is growing rusty.

*To make Bacon HAMs.*

Take a pound of salt, a pound of coarse sugar, and an ounce of salt-petre; mix them all together and rub them on your ham. It must lie a month in this pickle, and be turned and basted every day. Then hang it in a chimney, where there is nothing made but wood fires, where no damp or wet can come near it. It must not hang against a wall. Some after this hang it in a damp place till it is mouldy, that it may eat fine and short.

*To make BACON.*

Take the side of a hog fed for this purpose, and lay it on a long board or dresser. Then take off all the inside fat, and let the blood drain away. After this, rub it with good salt on both sides, and let it lie in this manner for a week. Then take a quarter of a peck of common salt, a pint of bay-salt, two pints of coarse sugar, a quarter of a pound of salt-petre beaten fine, and mix them together. Lay your flitch in something that will hold the pickle, and rub it well with the above mixture. Lay the skinny side downwards, and baste it with the pickle every day for a fortnight. Then hang it in wood smoak, as you did the ham to dry; and afterwards in a cool place, where no damp or wet can come near it.

*To roast a HAM, or Gammon of BACON.*

Take off the skin or rind off the ham or gammon, and lay it in water lukewarm for two or three hours. Then put it in a pan, and pour a

quart of canary or sack over it, and let it steep for twelve hours, or thereabout. This done, put it on a spit, and cover the fat side with sheets of paper. Pour the canary in which the ham was soaked, into the dripping-pan, with which it must be basted all the time it is roasting. When it is roasted enough take off the paper, and drudge it well with grated bread and parsley, cut very fine. Let the fire be made to burn brisk and fiercely, that the ham may be made of a fine brown. If it is to be eaten hot, garnish it with raspings of bread; if cold, serve it on a clean napkin, and garnish it with parsley.



## *To dress* VENISON.

*To choose* VENISON.

**B**UCK-venison is in season from May to September; and doe-venison from the end of September till the end of December or January. When the clefts of the hoofs are wide and tough it is old; when close and smooth it is young. The sweetness of venison may be generally discovered by the smell: but if you would be more certain, put your finger or knife under the bone that sticks out of the haunch, or shoulder, or the most fleshy parts of the sides; and if the smell is sweet, it is good, if rank, bad. Besides, when it begins to taint, some parts will look greenish, or more than ordinarily black.

*To roast* VENISON.

Take a haunch of venison and put it on the spit; then roll four sheets of white paper about it, well butter'd; tie the paper on with a small string,

string, and baste the haunch well all the time it is roasting. Take care that the fire be very good and brisk; and then it will be sufficiently done in two hours; if the haunch be small, an hour and a half; if large, two hours and a half. When it is enough take off the paper, and drudge it a little to make a froth. But you must be as quick as you can, to prevent the fat from melting and dripping away. Put some very good gravy in a boat or bason, and sweet sauce in another. A neck and shoulder must be roasted in the same manner, and will take an hour and a half.

*To keep VENISON sweet, and to recover it when tainted.*

To keep venison sweet, you only need to wipe it clean with a dry cloth, and hang it in a place where the air can come to it freely. If it is necessary to keep it a considerable time, then it will be proper to rub it very well with dry clean cloths, and to rub it all over with beaten or powder'd ginger, hanging it in an airy place as before. When it is musty, or smells strong, take some luke-warm water, and wash it well and clean. Then take some new milk and water, make it luke-warm and wash it again. Afterwards dry it very well with clean cloths, and rub it all over with powder'd ginger. It will be necessary to hang it in an airy place, till the time of use, which must not be long. When it is roasted, rub it with a clean cloth, and paper it as above.



## *To dress HARES and RABBITS.*

### *To choose HARES and RABBITS.*

**A** Hare is of a pale colour, and stiff, when lately killed; but the flesh is generally blackish, and the body limber, when stale. If the cleft of the upper lip spreads very much, and the claws are wide asunder and ragged, it is old; but the contrary, if young. A leveret may be known by a knob in the fore-leg, that may be discovered by feeling; which a grown hare has not. Besides, the ears of a young hare will tear easily; but the contrary when old. A fresh rabbit is white and stiff, a stale one slimy and limber. When young, the claws and fur will be smooth; but when old, the claws will be long and rough.

### *To roast a HARE.*

Before the hare is laid down, it will be necessary to make a pudding in the following manner. Take a quarter of a pound of grated bread, as much suet, two eggs, and an anchovy shredded small; as also a little parsley shredded small, as much thyme as will lie on a sixpence when shredded small; some nutmeg, a very little pepper and salt, and a little lemon-peel. Mix all these well together, and put the mixture into the hare. Then sew up the belly of the hare, spit it, and lay it down to a good fire. Put two quarts of milk and half a pound of butter into a clean dripping-pan, and baste it with the butter and milk all the time it is roasting, till the whole is soak'd up; by which time the hare will be enough. Some like to have the liver mix'd with



with the pudding; in which case, it must be first parboiled, and then chopp'd fine.

*To roast RABBITS.*

When the rabbits are laid down to the fire, they must be basted with good butter, and drudg'd with a little flour. Make them of a fine light brown. When the fire is quick and clear, very small rabbits will be done in twenty minutes; others in half an hour. The livers must be boiled with a little bunch of parsley, and then chop them together till they are fine. Then melt some good butter, and put half the liver and parsley therein; pour it into the dish. Then take the other half, and with it garnish the dish.

*To roast a RABBIT Hare-fashion.*

To perform this properly, it must be first larded with bacon, and roasted in the same manner as a hare. It will require gravy sauce. If it is roasted without larding, it will be necessary to have white sauce.

*To jugg a HARE.*

Cut the hare into small pieces, and season them with a very little pepper and salt. Then put them into an earthen jugg or jar, with an onion stuck with cloves, a blade or two of mace, with a bundle of sweet herbs. Cover the mouth of the jugg or jar, so close that nothing can get in or out; and then set it in a pot of boiling water, which must be kept boiling for about three hours, and then the hare will be enough. Pour the whole into a dish, take out the onion and sweet herbs, and send it to the table hot.

*To stew a HARE.*

Cut the hare in pieces, and put them into a stew-pan, with an anchovy, an onion stuck with cloves, a bundle of sweet herbs, and a nutmeg cut to pieces. As also some whole pepper, and a blade or two of mace; pour on enough water to cover the whole; then put the lid on the stew-pan, and let it stew till the hare is tender, but not so as to overdo it. Then take out the hare with a fork, and strain the liquor through a coarse sieve. When the pan is quite emptied, put the hare in again with the liquor, a bit of butter of the size of a walnut roll'd in flour, one spoonful of catchup, and another of red wine; stew all these well together with a few pickled mushrooms, till the liquor is thick and smooth; then put all out into a dish, and send it to the table.

*To boil RABBITS.*

Let the rabbits be truss'd in a proper manner fit for boiling, put them into a pot by themselves, and keep them there till they are enough. For sauce take the livers, boil them and shred them fine. To these add parsley shredded fine, capers chopt small, half a pint of good gravy, a glass of white wine, a little powder of mace, and grated nutmeg; a little pepper and salt, and a bit of butter of the size of a nutmeg roll'd in flour. Boil all these together till the liquor is thick; then take up the rabbits and pour the sauce over them. Garnish with lemon.

*To boil a RABBIT with onions.*

Boil a rabbit about half an hour in a good deal of water, and take off the scum as soon as it

it rises. Take onions and peel them and throw them into water as you do them. Then cut them into slices, and boil them in milk and water, skimming the liquor; they will take about half an hour. This done, throw them into a sieve to drain off the liquor, chop them small, and put them in a saucepan; then shake in a little flour, and add three spoonfuls of cream, with a good piece of butter; put them over the fire and stew them till they become thick and fine; lay the rabbit in the dish, cut off the head, cleave it in two, and lay one part on one side of the dish, and the other on the other; then pour the sauce over it.

*To make a fricassé of RABBITS.*

This is done in the same manner as making the white and brown fricassé of chickens; which see.



*To dress* NEATS-TONGUES,  
UDDERS, *and* TRIPE.

*To boil a TONGUE.*

A Salted tongue must be put in water all night to soak: then put it into the pot while the water is cold, and don't let it boil till three hours before dinner. But if the tongue is taken immediately out of the pickle, it must not be put into the pot till the water boils, and two hours will be sufficient.

*To roast a TONGUE.*

When a tongue is to be roasted, the best way will be to parboil it first; then stick ten cloves about it, and put it on the spit. Baste it well with butter till it is enough. For sauce, put some gravy in one bason, and sweet sauce in another.

*To roast an UDDER.*

It must be done exactly in the same manner as the tongue, and eats very well.

*To fricasee NEATS-TONGUES.*

First boil the neats-tongues till they are tender, then peel them clean and cut them into thin slices, which must be fried with fresh butter. This done, pour the butter out, and put in as much gravy as will be wanted for sauce. Then add a bundle of sweet herbs, an onion, some pepper and salt, and a blade or two of mace. Let them simmer all together for half an hour; after which, take out the tongue, and strain the gravy; then put the tongue into the stew-pan again. Take a glass of white wine, the yolks of two eggs, a bit of butter of the size of a walnut roll'd in flour, and a little grated nutmeg. Put these likewise into the stew-pan with the strain'd gravy over the fire, and shake them all together for four or five minutes, and it will be done.

*To stew NEATS-TONGUES whole.*

Take a neats-tongue and put it into a deep stew-pan, pouring in as much water as will just cover it. Let it stew for two hours, and then peel it carefully. Take half a pint of strong  
gravy,

gravy, a quartern of white wine, a bundle of sweet herbs, with pepper, salt, mace, and cloves, and half a spoonful of capers chopt. Add to these carrots and turnips in slices, with a piece of butter roll'd in flour. Stew all together softly over a slow fire for two hours, adding more gravy, when necessary. This done, pour all into a dish, take out the sweet herbs and spices, and send it to the table. The turnips and carrots may be left, or they may be boiled by themselves, and afterwards put into the dish.

*To fry TRIPE.*

Let the tripe be cut into pieces about three or four inches long; then dip them into a mixture made with yolks of eggs and grated bread. Put them into a pan, and fry them till they are of a fine brown; afterwards take them out and lay them on a dish to drain. Remove them into a hot dish, and send them to the table with butter and mustard mixt in a cup.

*To stew TRIPE.*

Put a saucepan over the fire with water in it, some salt, and two or three onions cut into slices. As soon as the water boils put in the tripe, with a bundle of sweet herbs and a piece of lemon-peel; and let it continue there about ten minutes. Pour the water with the tripe and onions into a deep dish, and send it to the table, with butter and mustard mixt in a cup.

*To roast TRIPE.*

Take double tripe; divide it into two parts at the side where it doubles, taking care to leave the fat on. Then take grated bread and the yolks of eggs, with nutmeg, pepper, lemon-peel,  
sweet

sweet herbs, and salt, mixt well together. Spread the mixture on the fat side of the tripe, and lay the other fat side next it. Then roll it as gently as you can, so as not to disturb the mixture, and keep it together with fine packthread tied round it. This done, put it on the spit, and while it is roasting baste it with butter. When you think it is done lay it in the dish. The dripping of the tripe, mixt with some melted butter, will serve for sauce, after they have boiled together. Garnish the dish with raspings.



## *To dress* TURKEYS, FOWLS, CHICKENS, *and* PHEASANTS.

### *To choose* POULTRY.

**W**HEN a cock-turkey is young, his legs will be black and smooth, and his spurs short. When fresh killed, the eyes will be fresh and lively, and the feet limber; but if stale, the eyes will be sunk in the head, and the feet dry. When a turkey-hen is with egg, her vent will be soft and open; but if otherwise, close and hard.

A right capon may be known by a fat vein on the side of the breast, the comb is pale, and the rump thick: besides, if he is young, the legs will be smooth and the spurs short. When he is lately killed, his vent will be hard and close; if stale, loose and open. The spurs of a young cock will be short and dubbed. But take care you are not deceived by their being pared and scraped. The legs and comb of a young hen will

wilt be smooth ; of an old one, rough. When either is lately killed, the vent will be close ; if stale, loose and open.

*To roast a TURKEY.*

When you lay a turkey down to the fire, take care to singe it well with white paper ; baste it with butter and drudge it with flour. When it looks plump, and the smoke begins to draw towards the fire, baste it again ; then drudge it with a little flour, froth it up, and then it is done. It will be proper to paper the breast after it is singed, and to take it off before you froth it up. A very good fire will roast a small turkey in three quarters of an hour ; a middling one in an hour, and a large one in an hour and a quarter. Some like a turkey larded.

*To roast FOWLS and CHICKENS.*

There is no difference in the method of roasting turkeys and these, only the breast need not be paper'd. A quick and clear fire will roast small chickens in twenty minutes, a middling fowl in half an hour, and a large one in three quarters.

*Another way to roast a TURKEY.*

Take a turkey, loosen the skin of its breast and fill it with forced meat ; then lay it down to the fire, singe and paper it as before ; roast it till it is of a fine brown ; and when it is near enough, take the paper off. The forced meat is made thus : Take a quarter of a pound of grated bread, as much beef suet, or, for want of it butter, an anchovy, a little lemon-peel, nutmeg, parsley, and thyme ; mix, chop, and beat them  
all

all together with the yolk of an egg, and then the stuffing is done.

*To broil CHICKENS.*

The chickens must be slit down the back and opened, so that they will lye flat ; then season them with pepper and salt, and lay them over a clear fire at some distance from each other. The inside must be laid next the fire at first: till it is above half done ; then turn them and lay the fleshy side next the fire, but take care it don't burn. When it is pretty near done, throw some raspings of bread over it, which must be made brown without burning. The dish must be garnished, with the livers broiled, and the gizzards cut, slash'd, and broiled, with pepper and salt ; as also with lemon.

*To stew CHICKENS.*

Cut two good chickens into quarters, and when they are clean washed put them into a saucepan, with half a pint of red wine, a quartern of water, an onion, a bundle of sweet herbs, some pepper, mace, and a few raspings ; cover them close and let them stew half an hour ; then roll a piece of butter of the size of an egg in flour, and put it into the rest ; cover the saucepan close for five or six minutes, and shake it about ; then take out the herbs and onion, and they are done. Garnish with lemon.

*An agreeable method of stewing CHICKENS or FOWLS.*

The method of performing this, is to boil the chickens or fowls till they are half done ; then put them in a pewter dish and cut them up, separating all the joints one from another ; the



breast-bones should be taken quite out. Put a little of the water that the fowls were boiled in into the dish, that there may be enough to stew them in, with a blade of mace, and a little salt; then cover it with another dish, and set it over a stove or a chafing-dish of coals. Stew the chickens or fowls till they are enough; and then send them to the table in the same dish.

*To make a brown fricasee of CHICKENS.*

Take off the skin from the chickens and cut them into small pieces; then rub them over with yolks of eggs. Take grated bread, a little powder of mace, and grated nutmeg; mix them all together and roll the pieces of chickens in the mixture. Put a little butter into the stew-pan, and when it is melted put in the pieces of chicken. Take care to keep them stirring enough to prevent them sticking to the bottom of the pan; and when they are fried of a fine brown pour the butter from them; then pour in half a pint of gravy, a glass of red wine, a few mushrooms, or two spoonfuls of the pickle, a little salt, and a piece of butter roll'd in flour. When the liquor is thick enough, pour the fricasee into a dish and send it to the table.

*A white fricasee of CHICKENS.*

Take a couple of chickens and skin them as before; then put them in warm water to draw out all the blood; afterwards put them in a clean cloth to dry. Mix some milk and water and put it into the stew-pan with the pieces of chicken, stewing them till they are tender. Then put half a pint of cream and a quarter of a pound of butter into a clean saucepan, and stir them together all the time, till the butter is melted; otherwise they will be greasy. Take the chickens out of the stew-pan with a fork, and put them into the saucepan to the butter and  
D cream.

cream. Afterwards add a few mushrooms, a little powder of mace, and a very little grated nutmeg. Shake all together for a minute or two, and then put them in a dish. Rabbits may be fricaseed in the same manner.

*To choose PHEASANTS.*

A cock pheasant has dubb'd spurs when young; but if he is old they are sharp and small. The hen pheasant has smooth legs if young, with flesh of a fine grain; if old the legs and skin are more rough. When she is with egg the vent will be soft and open, if otherwise close. The cock, when fresh killed, has a fast vent, when stale, it is open and flabby. The same marks discover whether a hen is fresh or stale; unless she is with egg, which may be easily known.

*To roast PHEASANTS.*

When you have two pheasants, singe and lard one with bacon; but let the other remain as it is, except singeing of it, for that must be always remembered. Paper them on the breast, and when they are almost enough, flour and baste them with a little very good butter; and take care that the froth looks fine and white. Then take them up, and pour some good gravy in the dish, and let there be good gravy besides.

When you have but one pheasant, take a fowl, as near the same size as you can, and keep the head on, and let it be trussed exactly like a pheasant, and turn the head in the same manner. This done, lard the breast and legs with bacon. When they are roasted put both in a dish, and the deceit will not be discovered. Observe, however, that a black-legg'd fowl has much of the flavour of a pheasant.

*To boil a PHEASANT.*

There needs no other direction about boiling a pheasant, than to allow a good deal of water, and to keep it boiling all the time ; which if it be small, may be half an hour, if large, three quarters of an hour. For sauce, stew felly till the liquor is wasted away ; then put in a little cream and a bit of butter. Take up the pheasant, put it in a dish, and pour the sauce all over it.

Chickens, fowls, and turkies, are to be boiled in the same manner ; only a less or a longer time, according to their size.

*To stew a PHEASANT.*

Put a pheasant into veal-gravy, and let it stew till it is enough ; and care must be taken that there is just liquor enough left for sauce. Into this liquor you must put artichok bottoms parboiled, chesnuts roasted and blanched, with a little powder of mace, pepper, and salt, to season it ; as also a glass of white wine ; and if the sauce is not thick enough, a piece of butter roll'd in flour. Then squeeze in a little lemon-juice, and pour the sauce over the pheasant. Likewise fry forced meat balls, and put in the dish.



*To dress GEESE and DUCKS.*

*To choose a GOOSE or DUCK.*

**W**HEN a goose is young the bill is yellowish, and she has but few hairs on her body ; but if she is old, the bill and feet are red, and the body full of hairs. A gander has a thicker neck than a goose.

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A wild-goose has the same marks. When she is fresh killed her feet are limber; when stale she is dry-footed.

A duck when fat is hard and thick on the belly; if lean, it is thin and soft; when fresh killed she is limber footed; when stale, dry footed.

*To roast a Duck.*

Shred some sage fine, and mix it with a little pepper and salt, and put the mixture into the belly of the duck. Always remember to finge it with a piece of white paper, and to baste it with a piece of butter. When it looks plump, and the smoke begins to draw towards the fire, baste it again, and drudge it with a little flour; then take it up. A middling duck will take half an hour in roasting, a large one three quarters. The fire in these cases is always to be supposed good and brisk; otherwise the rule will fail.

*To boil a Duck with onions.*

This is done exactly in the same manner as a rabbit; only what regards the head must be omitted.

*To roast a Goose.*

Before a goose is laid down to roast, it should be clean pickt and wash'd. Or rather make some water scalding hot, and dip the goose in it for a minute; which will make the feathers come all off clean, and it will not eat so strong. When it is quite free from any remainder of the feathers, wash it in cold water and dry it with a cloth. Then take sage, wash it, pick it clean, and chop it with pepper and salt; if no body dislikes it, an onion may be added. Roll the mixture in butter and put it into the belly; then lay the goose down to roast, and baste it with butter. When it is half done

drudge some flour over it, that it may be of a nice brown. A small goose will take up three quarters of an hour in roasting at a brisk fire. A middling one an hour ; a large one one hour and a quarter. Put some good gravy into one bason, and apple-sauce into another. A green goose must never have seasoning put into the belly, unless desired.

*To dry a Goose.*

Take a handful of common salt, a quarter of a pound of coarse sugar, and a quarter of an ounce of salt-petre : mix them well together, and rub a fat goose with the mixture. Let it lie in this pickle a fortnight, turning and rubbing it every day. Then roll it in bran, and hang it in a chimney where wood only is burnt. If you have not that conveniency, hang it in a common chimney, but not too near the fire. When it is well dried you may keep it, in a dry place, for two or three months, or more. When it is to be used, boil it in a good deal of water, and scum it well.

*To stew GOOSE-GIBLETS.*

Let the giblets be well scalded and pick'd ; then cut the head in two, break the pinion bones, skin the feet, divide the liver into two parts, and the gizzard in four ; likewise cut the neck in two. When they are thus managed, put them all into a pipkin with half a pint of water, a whole small onion, a little crust of bread, some whole pepper, a blade of mace, and a sprig of thyme. Cover them close and set them on a very slow fire, and let them stew till they are quite tender. Then take out the herbs and onion, and pour them into a dish. Throw a little salt over them.



## *To dress* WILD DUCKS, TEAL *and* WIDGEONS.

*To roast* WILD DUCKS, TEAL *or* WIDGEONS.

**T**HESE will take but ten minutes in roasting the fashionable way ; but if they are loved well done, they must lie down at the fire a quarter of an hour.

*An agreeable way to dress a* WILD DUCK.

Lay the duck down to the fire till it is half roasted ; then lay it in a dish and carve it, but don't separate one part from another entirely, but leave the joints hanging together. Then squeeze the juice of a lemon over it and throw in a little pepper and salt. Then lay the duck on its breast, put a plate over it and squeeze it hard. Then put two or three spoonfuls of good gravy into the dish and cover it close with another dish. This done set it over a stove or chafing-dish of coals for ten minutes. Heat a little red wine and pour it in a little before it is done. Garnish the same dish with lemon and send it to the table hot. Some like a little shalot cut small and put into the dish.



## *To dress* WOODCOCKS, SNIPES *and* PARTRIDGES.

*To choose* PARTRIDGES.

**W**HEN a partridge is young, the bill is black and the legs yellowish ; when old, the bill is white and the legs blewish. If lately killed the  
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vent is close; if stale green and open. Sometimes they are tainted near the crops, therefore smell at the mouth.

*To roast PARTRIDGES.*

Lay the partridges down to the fire, and drudge them with flour. They must be basted but moderately, and let them have a fine froth; about twenty minutes will be sufficient to roast them. Put some good gravy in the dish, and bread-sauce in a bason. The bread-sauce may be made thus. Take a pint of water, a good thick piece of bread, some whole pepper, and a blade or two of mace; boil them for five or six minutes, or till the bread is soft; then take out all the spice and pour out the water, leaving enough just to keep the bread moist. Beat it soft with a spoon, and throw in a good piece of butter with a little salt; stir them well together, set them over the fire for a minute or two, and pour them into a boat or bason.

*To boil PARTRIDGES.*

Put them into a good deal of water, and let them boil quick; in fifteen minutes they will be enough; then take a quarter of a pint of cream, and a bit of fresh butter of the size of a walnut; put them into the sauce-pan, and keep them stirring all one way till the butter is melted; then pour it into the dish. This serves for sauce.

*Another way to boil a PARTRIDGE.*

Put in the partridge as soon as the water boils, and let it continue in it for ten minutes; then take it up and put it on a pewter plate. Cut it in two, and lay the inside next the plate, pouring the following bread-sauce over it. Take the crumb of a halfpenny roll, and boil it in half a pint of water, with a blade of mace; when it has boiled

three minutes pour away most of the water, and beat up the bread with a slice of fresh butter and a little salt. Pour this over the partridge, and lay a cover upon the plate; then set it on a chafing-dish of coals for four or five minutes, and it will be done.

*To choose SNIPES and WOODCOCKS.*

The difference between a snipe and a woodcock is chiefly in the size, the former being less than the latter. When they are fat they feel thick and hard; the contrary when lean. If fresh killed, they are limber-footed; if stale, they are dry-footed. When a thick matter proceeds from their nostrils, or their throats are muddy, they are good for nothing.

*To roast SNIPES or WOODCOCKS.*

Snipes and Woodcocks must be put on a small bird spit. Then they must be floured and basted with butter. About twenty minutes will roast them. Before they are laid down there must be a slice of bread ready toasted till it is brown; place it under the snipes to receive the dripping, and when they are enough, take them up, and lay them on the toast. If there are two snipes take a quarter of a pint of hot beef gravy, pour it into the dish, and set it over a chafing-dish of coals for two or three minutes. Garnish with lemon.

*To boil SNIPES or WOODCOCKS.*

These are best boiled in beef gravy made in the following manner. Take two quarts of water, and put into it a pound of beef cut into small pieces, with a bundle of sweet herbs, an onion, six cloves, some whole pepper and a blade or two of mace. Cover the sauce-pan close, and let it boil till half the water is wasted; then take it off, and strain



strain it ; put the strained liquor back into the sauce-pan with a little salt ; gut the snipes [ but take care not to lose the guts ] and put them into the gravy. Cover the sauce-pan close, and in ten minutes they will be enough, if they are constantly kept boiling. While this is doing, chop the guts and the liver small, and stew them with a little of the gravy the snipes are boiling in, with a blade of mace. Take as much crumb of bread as the inside of a stale roll, made small, and fried in fresh butter till they are of a light brown. Let them stand ready in a plate before the fire. When the snipes are done, take half a pint of the liquor they were boiled in, two spoonfuls of red wine, and a bit of butter of the size of walnut rolled in flour ; put them into a sauce-pan with the guts, and shake it often till the butter is melted ; then put in the crumbs and give the sauce-pan another shake. This done, take up the snipes, lay them in a dish and pour the sauce over them.



## *To dress* P I D G E O N S *and* L A R K S.

*To choose* P I D G E O N S *and* L A R K S.

**W**H E N pigeons or larks are fat, they will feel full and fat at the vent, and when they are fresh killed, they will be limber-footed ; when they are stale, the vent will be flabby and green.

*To roast* P I D G E O N S.

Pidgeons should always be fresh, otherwise the flavour will not be so agreeable. Their bellies must be stuff'd with parsley finely chopt, with a little

little pepper and salt rolled in butter, and the neck end should be tied close, that nothing run out. Then run skewers through their legs, and hang them on the hooks of a little hanging-spit, of which there are generally six. Tie one end of a string or pack-thread to the upper part of the spit, and fasten the other end to the chimney in such a manner that the pigeons may not touch the bars of the grate while they are roasting. About fifteen minutes will do them with the gravy in. Melt a very little butter and put in the dish; then take up the pigeons very cautiously, that no liquor be spilt, and their own gravy mixing with the butter will afford liquor enough.

*Another way to roast PIGEONS.*

Shred parsley fine and put some into the belly of the pigeons, with a bit of butter of the size of a walnut, and a little pepper and salt. Then put them on a very small spit, and tie both ends close. Baste them with butter, and when they are enough, lay them in a dish. They will swim in gravy.

*To broil PIGEONS.*

Split the pigeons and strew a little pepper and salt over them; then set the gridiron high over a clear fire, and when they are enough take them up. Put melted butter in a cup. Or you may prepare them in the above manner as for roasting, and then broil them whole, taking care they don't burn.

*To boil PIGEONS.*

Pigeons should always be boiled by themselves for about fifteen minutes, and then they will be enough. Put one pigeon in the middle, and lay the rest round about it, with boiled spinage between each, and a slice of bacon upon every one. Or you may put a handsome square piece of bacon in  
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the middle, with spinage round it, and the pigeons upon the spinage. Put some melted butter in a cup, and garnish the dish with little slices of bacon.

*Another way to boil PIGEONS.*

Draw the pigeons, and take off the skins; then clean and wash them well, afterwards boil them in milk and water for ten minutes. Take them up, and pour the following sauce over them. Parboil the livers, and bruise them with as much boiled parsley after it is chopt fine; melt some butter, and first mix a little of it with the liver and parsley; afterwards stir them all together; pour this over the pigeons.

*To stew PIGEONS.*

Make a seasoning with sweet herbs, cloves, mace, pepper and salt. Wrap some of this mixture up in a piece of butter to put in each of their bellies; and tie up by the necks and the vents; lay them down to the fire, and half roast them, and then take them up and put them into a sauce-pan with a quart of good gravy, a little white wine, some pickled mushrooms, a few pepper corns, three or four blades of mace, a little lemon peel, a bunch of sweet herbs, a bit of onion, and some pickled oysters. Stew them enough, and thicken the liquor with yolks of eggs and butter. Garnish the dish with lemon.

*To dress LARKS.*

Put the larks on a bird-spit, and roast them for near fifteen minutes, and then they will be enough; while they are roasting, throw over them fry'd crumbs of bread; and when you have taken them up, lay a sufficient quantity of the same crumbs round the dish.

*To dress LARKS pear-fashion.*

Let every lark be truss'd close and then cut off the legs; season them with salt, pepper, cloves and mace. Then wrap up each lark in forced meat, in the shape of a pear, sticking a leg at the small end of them all to look like a stalk. This done rub them over with crumbs of bread mixt with the yolk of an egg, and then bake them in an oven. They want no sauce. The forced meat is thus made. Take veal, or a veal sweet-bread, as much beef suet, a few morels and mushrooms, and chop them all together; as also crumbs of bread, a few sweet herbs, and a little lemon peel cut small; mix them all together with the yolk of a egg.

*To dress E G G S.**To choose E G G S.*

**T**H E great end of good eggs, if held to the tongue are warm, and if put in cold water, they will soon fall to the bottom. Rotten eggs will swim.

*To broil E G G S.*

Take a slice of bread cut all round a quartern loaf; toast it brown and then butter it well; after which poach the eggs, and lay them over the toast, or take six or eight eggs and break them on the toast very carefully one by one; this done, take a red hot fire shovel, and hold over them till they are done. A Seville orange may be squeezed over them; and a little nutmeg may be grated upon them.

*To dress E G G S with bread.*

Take two or three rolls and soak them in a quart of hot milk till they are soft enough to be strained through

through a coarse sieve. When the bread is strained put in two or three spoonfuls of rose water, sugar enough to sweeten it, and a little grated nutmeg; then take a little dish, and butter it; break in as many eggs as will cover its bottom, pouring the bread and milk over it. Bake it half an hour in a slow oven; or, if that cannot readily be done, set the dish over a chafing-dish of coals; cover it close, and set before the fire.

*A fricassée of EGGS.*

Take off the shells from eight eggs after they are boiled hard, and cut them into quarters. Then take half a pint of cream and a quarter of a pound of fresh butter: stir them together over the fire till the mixture becomes thick and smooth. Lay the eggs in a dish, and pour the sauce over them. Take the yolks of three hard eggs, cut them in two, and lay them round the edge of the dish for garnish.

*To dress GREENS, ROOTS,  
PEASE, BEANS, &c.**To stew SPINAGE.*

**W**ASH the spinage very clean in several waters, and pick it well: afterwards put as much into a sauce-pan without water as it will fairly hold, with a little salt, and then cover it close; afterwards put it over a clear quick fire and shake often. As soon as the spinage is shrunk and fallen to the bottom, you will find a liquor swim over it. When this boils, the spinage is enough. Throw it into a sieve to drain and squeeze it gently; then lay it on a plate, and put some melted butter by itself in a cup.

*To dress SPINAGE with EGGS.*

Wash and pick the spinage well, as above, and put it into a sauce-pan with a little salt. Let it stew till it is tender, and drain out the liquor in a sieve. This done take about the bulk of a french roll, and chop it small; mix it with half a pint of cream, together with pepper, grated nutmeg and salt; then take a quarter of a pound of butter, and put it with the mixture into a sauce-pan, stirring it often for a quarter of an hour; cut a french roll into slices as thick as your finger, fry them, and cut them into less bits; afterward poach six eggs, lay them on the spinage round the dish, and stick the french roll in and about the eggs. This dish will serve for supper.

*To boil CABBAGES and SPROUTS.*

Boil cabbages and sprouts in a great deal of water, and throw salt into it before you put them in. They should never be boiled till they have lost their colour, but take them off when the stalks are tender, or fall to the bottom, for then they are enough. Young sprouts may be sent to the table just as they are, but it will be best to chop the cabbage and put it into the sauce-pan with a good piece of butter, keeping them stirring for five or six minutes, or till the butter is melted.

*To dress CAULIFLOWERS.*

Cut off the green leaves of the cauliflowers, and divide them into four parts, which must be laid in water for a hour; then mix milk and water together, and put the mixture on the fire in a sauce-pan till it boils; at which time put in the cauliflowers, and skim the sauce pan well. When the stalks are tender, take them carefully up, without breaking, and put them into a cullender to drain. This done, put a spoonful of water into a clean  
stew pan

stew pan with a quarter of a pound of butter, and a little dust of flour ; as also a little pepper and salt ; shake the butter round the pan till it is finely melted ; then take half a cauliflower, cut into small bits as if it was for pickling, and put it into the pan ; turn it, and shake it round the pan for about ten minutes, and then it will be enough. Lay the stew'd cauliflower in the middle of the plate or dish ; and the boiled round it ; pour the butter over it, and send it to the table.

*To dress BROCCOLI.*

Take off all the little branches, and leave the top one ; then take a sharp knife, and pare off all the hard out-side skin from the stalks, and little branches ; as you do them throw them into water. Take a stew pan of water, with a proper quantity of salt, and when the water boils, put in the broccoli ; let it remain till the stalks are tender, and then it is enough. Send it to the table, with butter in a cup.

*To dress PARSNIPS.*

Boil parsnips in a great deal of water, and when they are soft which you may know by running a fork into them, take them up, and scrape them clean : this done, scrape them fine with a knife, throwing away the stringy parts. Take the scrapings, and put them into a sauce-pan with milk, stirring them together till they are thick, then put in a good piece of butter with a little salt. As soon as the butter is melted, send them to the table.

*To stew PARSNIPS.*

Scrape the parsnips very clean, boil them tender, and cut them into slices ; put them into a sauce-pan with a sufficient quantity of cream ; then add

a piece of butter rolled in flour with a little salt. When the cream boils, pour them into a plate.

*To mash PARSNIPS.*

Scrape them very clean, and boil them till they are tender. Then scrape off all the soft part into a sauce pan : put in as much cream or milk as will serve to stew them ; keep them stirring till they are quite thick, and then put in a good piece of butter. When the butter is melted, send them to the table.

*To boil CARROTS.*

Scrape the carrots clean, and boil them till they are enough, which will be in half an hour, if they are young spring carrots ; but if old and large, they will take two hours. Then slice them into a plate, and put some melted butter over them.

*To boil TURNEPS.*

Boil turneps till they are enough, and then you may readily perceive which are good, if they are not all so. Put them into a pan, and mash them with butter and a little salt, and send them to the table.

*To dress POTATOES.*

Put them into a sauce pan with just as much water as will keep them from burning to, and no more. Cover it close, and when the skin begins to crack they are enough. Drain out all the water, and let them stand covered for a minute or two ; afterwards peel them, put them in a plate or dish, with melted butter poured over them.

*Another way to dress POTATOES.*

Boil them as before, but take care to take them up before they break. Then peel them and lay  
them



them upon a clean gridiron over the fire. Let them lie till they are of a fine brown, and send them to the table.

*To broil POTATOES.*

Boil potatoes till they are done enough to peel readily. When they are peeled, cut them in two, and lay them on a gridiron till they are brown on both sides. Then lay them on a plate or dish, and pour melted butter over them.

*To fry POTATOES.*

Cut potatoes into slices as thick as a crown piece, and then fry them till they are brown. Lay them in a dish, and pour over them a mixture of melted butter, sack and sugar.

*To mash POTATOES.*

Boil potatoes, peel them, and put them into a sauce-pan, mashing them well. Put a pint of milk with a little salt to two pound of potatoes. Stir them well together, taking care they do not stick to the bottom : then add a quarter of a pound of butter ; and when it is melted and stirred in, take them up, and send them to the table.

*To dress BEANS and BACON.*

Throw salt into the water with parsley carefully picked ; and then put in the beans, which must be boiled by themselves, for the bacon will spoil the colour of the beans, if they should be boiled together. Therefore the bacon must be boiled in another pot by itself. When the beans are tender, put them into a cullender to drain. In the mean time take up the bacon, and skin it. Then take crumbs of bread and sprinkle over the top. This done, take a large red hot poker, or other iron, and hold it over the bacon to make the bread brown. If

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you have not this conveniency, set it near the fire, and make it brown that way. Lay the beans in the dish, and the bacon in the middle on the top of the beans. Put melted butter in a bason by itself.

*To dress WINDSOR-BEANS.*

Take Windsor-beans, and boil them till they are tender. Then take off the outside skin, or blanch them, and fry them in clarified butter. Put them in a dish, and pour melted butter over them mixt with a drop or two of vinegar. Strew a mixture of salt, pepper and nutmeg over them.

*To boil FRENCH-BEANS.*

After you have taken off the strings, cut them into two, longways, and then through the middle. Some cut them into four, and then acrofs. Lay them in water and salt till the sauce-pan boils, and then put them in. Likewise throw some salt into the boiling water. When they are tender, they are enough, which will be very soon. Lay them on a plate or dish, and some butter by itself in a cup.

*To boil ARTICHOKEs.*

Take off the stalks, and put them into the water while it is cold. The heads must be turned downward, that the sand, dirt, or other filth may be boiled out. An hour and a half after the water boils is sufficient to do them enough. Put some melted butter into a bason by itself.

*To boil ASPARAGUS.*

Let the stalks of the asparagus be scraped till they look white. Cut them all of the same length, and throw them into water. Put on a stew-pan with water; and while it is heating tie the asparagus into small bundles, and put them in as soon as it boils.

*To stew GREEN PEASE with CREAM.*

Put a quart of green pease into a stew-pan, with a quarter of a pint of boiling water, and a piece of butter rolled in flour, of the size of an egg. Then add a bit of sugar, of the size of a walnut, with a little salt and nutmeg, a bundle of sweet herbs, and parsley finely chopt. Cover them close, and let them stew very gently for half an hour; after which pour in a pint of cream, let it boil, and then they will be enough.

*To stew PEASE with LETTUCE.*

Take two good lettuces, which must be well washed and cleaned; cut them a cross, and put them into a sauce-pan, with a quart of green pease. Then add a quarter of a pound of butter, with as much pepper and salt as is agreeable to your taste. Cover them close, and let them stew softly for ten minutes, often shaking the pan. Then throw on a little flour, and toss them round. This done, pour in half a pint of good gravy, with a bundle of sweet herbs, a whole onion stuck with three cloves, and a blade of mace. Cover the sauce-pan close, and let them stew for a quarter of an hour. Take out the onion and sweet herbs, and pour the rest into a dish.

*To stew CUCUMBERS.*

Pare and slice six large cucumbers, and peel and slice as many large onions. Fry them brown, and then drain them from the fat. Put them into the pan again, with three spoonfuls of hot water, a quarter of a pound of butter rolled in flower, and a tea-spoonful of mustard. After you have seasoned them with pepper and salt, stew them very gently for a quarter of an hour, shaking the pan often; then take them up.

*To fricassy SKIRRETS.*

After the skirrets are well washed, boil them till they are tender, and then peel them; then cut them in slices and put them into a stew-pan with a piece of butter rolled in flour, a little cream, the yolk of an egg, two or three spoonfuls of white wine, a little grated nutmeg, a very little salt, and then stir them all together. Take up the roots and put them in a dish, and pour the sauce over them.

*To bake APPLES whole.*

Pare the apples, and put them into an earthen pan, with some coarse sugar, a glass of red wine, a few cloves and a little lemon-peel. Put them into a quick oven, and bake them for an hour.

*To stew APPLES whole.*

Pare twelve golden pippins, or other apples, and put them into a sauce-pan with as much water as will cover them. Then add a piece of lemon-peel, two or three cloves, and a blade of mace. Stew them for some time, and then strain out the liquor. Put this into a sauce-pan again with as much sugar as will make it as thick as a syrup. Then put the apples into a large sauce-pan and pour the liquor over them. When the apples have been stewed till they are soft, take them and lay them in a dish with the syrup.

*To bake PEARS.*

Pare six pears, cut them in quarters and take out the cores. Put them in an earthen pan with a gill of red wine, a quarter of a pound of fine sugar, a piece of lemon-peel and a few cloves. If the pears are very large they will require half a pint of wine, and half a pound of sugar. Cover the pan close with thick brown paper, and send them to the oven. They may be baked whole in the same manner.

*To*

*To stew P E A R S.*

Take the same ingredients as before, put them with the pears into a sauce-pan, and cover them close. Stew them over a slow fire, and when they are enough, take them up.

*To stew P E A R S till they are purple.*

Cut six pears into quarters and take out the cores; then put them into a stew-pan with the third of a pint of water and six ounces of sugar. Then cover them with a pewter plate, or small dish, and put on the lid of the pan. Stew them over a slow fire, and when they are enough, the liquor will look purple. Then put them into a dish with the liquor. They are to be served up cold.



*To dress F I S H.*

*To choose F I S H.*

**T**H E freshness of fish is generally known by the gills and the eyes. When the gills are of a lively red and have a good smell, you may conclude they are new, especially if the eyes are full and not sunk in the head, nor faded; for then they are stale. Another sign is the stiffness of the fish, particularly with regard to mackrel and herring; for if their tails are limber, their eyes faded, sunk and wrinkled, they are stale.

A cod should be always thick towards the head, and the flesh white when cut. It is not necessary a large skate should be fresh caught, for it eats better when kept some days. Those turbutts are best that are thick and plump, with a cream-coloured belly. For if it be thin and the belly of a bluish-white, it will not eat firm. Soals likewise should be stiff and thick, with their bellies of a cream co-

lour. Flounders and plaice should be stiff, with full eyes : but if they are limber and their eyes are dull and sunk, they are bad. The flesh of sturgeon should be of a clear white and not crumble when cut; where any veins and gristles appear they should be blue.

The scales of pickled-salmon should be stiff and shining; the flesh feel oily and part in flakes, without crumbling or appearing spongy. Pickled herring when opened on the back to the bone should have their flesh white, sleek, and oily. Red-herrings should be glossy, part readily from the bone and smell well. Dried-ling is best when thick at the poll and the flesh yellow.

Boiled-lobsters should be heavy, without water in the body, with a stiff tail which shuts as if it had a spring. A cock-lobster has a narrow tail; that of a hen-lobster is broad. Prawns, crawfish and shrimps, may be chosen in the same manner as lobsters.

*General rules to be observed in dressing of FISH.*

When the fish are to be fry'd, they must be dry'd very well with a clean cloth, and afterwards flour'd. Then put beef dripping, or hogs-lard into a very clean stew-pan, and let it boil before you put in the fish. Then fry them quick till they are of a fine light brown, but not deeper. Turn them with a fish slice; and when they are enough, take them up, and put them in a dish with a coarse cloth over it to soak up the fat. When you fry parsley it must be done quick, and taken out of the dish as soon as it is crisp, otherwise the colour will be spoiled. Roach, dace, smelts, and the like, should be fry'd as dry as possible. Then put plain butter in a cup and garnish with lemon.

All the sauce that is required for boiled salmon,  
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is likewise plain butter; garnish with horse-radish and lemon. When you boil any sort of fish, except mackrel, you must put a good deal of salt and horse-radish into the water. When mackrel is to be boiled, put mint, parsley, fennel, and salt into the water, which must be afterwards chopt to mix with the butter. In general, fish must be well boiled, but great care must be taken that they don't break.

When you bake fish, butter the pan and lay a very little water in the dish. Throw salt and flour over them, and lay them in the pan. Then stick bits of butter, or dripping upon them, and put in an onion and a bundle of sweet herbs. Let them be baked of a fine light brown, and when they are enough, lay them on a dish before the fire. Skim off all the fat from the liquor in the pan, and then strain the latter, which must be mixt either with the fish sauce, or strong soup or catchup.

*To fry C A R P.*

When the carp are gutted and scaled, lay them in a cloth to dry. Then flour them and lay them again in a cloth to dry. Afterwards fry them till they are of a light brown, and lay them on a coarse cloth to drain. Fry slices of bread cut into triangular pieces, or three cornerways, together with the roes. Lay the carp in the dish, with the roes on each side, and garnish the dish with the fry'd bread and lemon. The sauce must be anchovy and butter, with the juice of lemon.

*To stew C A R P.*

Take a brace of carp, scale and gut them. Then let them and the rows be washed in a pint of good stale beer, to preserve the blood. After-

wards put a little salt into some water, and boil the carp. While this is doing strain the beer, and put it to a pint of red wine, with an onion stuck with cloves, a bundle of sweet herbs, an anchovy, some whole pepper, a little piece of horse-radish, half a nutmeg bruised, two or three blades of mace, and a bit of lemon-peel of the size of a six pence. Put these into a sauce-pan, cover them close, and let them boil gently for a quarter of an hour. Then strain the liquor, beat half the hard roe to pieces, and put it therein, with a quarter of a pound of fresh butter, two or three spoonfuls of catchup, and a spoonful of mushroom pickles; boil it again till it is thick enough for sauce; then take the rest of the roe, and beat it up with the yolk of an egg, some nutmeg, and a little lemon-peel cut small; make it into little cakes, and fry them; as also slices of bread cut triangular, or three cornerways. When the carp are enough, take them up and pour the sauce over them, laying the cakes round the dish with scraped horse-radish, and fry'd parsley. Put what remains on the carp, and lay the bread round them. Likewise notch slices of lemon, and lay round the dish, as well as two or three pieces on the carp. This dish must be sent up hot to the table.

*To bake C A R P.*

Take a brace of carp, and let them be scaled, wash'd and cleaned. Then take an earthen-pan large enough to hold them without crushing, butter it and lay in the carp. Afterwards put in a bundle of sweet herbs, an onion, an anchovy, whole pepper, with nutmeg, cloves, and mace; pour a bottle of white wine over all, and cover the pan close. Send it to the oven, and if the carp are large, bake it for an hour: if small, a less time will



will serve. When they are enough, take them up, and lay them on a dish, taking care not to break them. Then set the dish over hot water, and cover it close. This done, pour the liquor the carp were baked in, into a sauce-pan; when it has boiled a little, strain it, and take off all the fat; put it into the sauce-pan again, with half a pound of butter rolled in flour. Stir it about till it boils, and then squeeze into it the juice of half a lemon, adding as much salt as is thought necessary. Pour this sauce over the carp, lay the roes round about it, and garnish with lemon.

*To broil MACKREL.*

Cut off the heads of the mackrel, clean them well, and split them in two. Then season them with pepper and salt, and flour them. Lay them on the gridiron, and broil them till they are of a fine light brown. The sauce is only plain butter.

*To broil MACKREL whole.*

Gut the mackrel, cut off their heads, wash them clean, and put the following stuffing into their bellies. Take the roes out of the mackrel at the neck end, boil them in a little water, and bruise them with a spoon. This done, take the yolk of an egg, crumbs of bread, some parsley boiled and chopt fine, a little lemon-peel chopt fine, with a little nutmeg, pepper, and salt. Mix them well all together, and fill the bellies of the mackrel with the mixture. After you have floured them well, lay them upon the gridiron, and broil them carefully.

*To soufe MACKREL.*

When the mackrel are well washed, and gutted, boil them in salt and water, till they are enough; then take them up, and lay them in a clean pan, and pour enough of the liquor they were boiled in to cover them, with a little vinegar. When they are to be used, send them to the table with fennel.

*To broil HERRINGS.*

Gut and scale the herrings, cut off the heads, and wash them clean. This done, dry them in a cloth, notch them across, flour them, and lay them on the gridiron to broil; mash the heads, and boil them a quarter of an hour in small beer, or ale, with a little onion, and whole pepper; then strain it, and thicken it with butter and flour, and a good deal of mustard. Lay the herrings in a dish, and pour the sauce in a bason. Instead of this sauce, plain butter and mustard will serve.

*To fry HERRINGS.*

Take large onions, peel them, and cut them into thin slices, and fry them with the herrings cleaned as above; these and the herrings must be fry'd of a light brown. Take the herrings up, lay them in a dish, and put the onions round them; melt some butter, mix it with mustard, and put it in a cup.

*To bake HERRINGS for keeping.*

When the herrings are well cleaned, cut off the heads, and take out the roes; wash these last, and put them in again; then season them with a little pepper, cloves, and mace, all beat into powder,

powder, adding a proper quantity of salt. Lay them in a deep pan, in layers one above another, and two or three bay leaves between each layer; then put in a mixture of half vinegar and half water. Cover them close, with brown paper, and send them to the oven. Take them out, let them stand till they are cold, and then pour off the liquor; this done, pour in fresh vinegar and water, and put them into the oven again. Sprats may be managed in the same manner; but once baking is sufficient.

*To broil SALMON.*

Cut fresh salmon into thick slices, then flour them, and lay them on the gridiron to broil; when they are well done, take them up, and lay them in a dish, and put plain melted butter into a cup.

*To dress pickled SALMON.*

Lay a good piece of pickled salmon in water all night; when you are about to dress it, put it on a fish plate, and this into a large stew-pan; then put in a pint of white wine, three spoonfuls of vinegar, a quarter of a pound of butter rolled in flour, a bundle of sweet herbs, and parsley, a whole onion, a little lemon-peel, and some whole pepper, with a blade or two of mace tied in a muslin rag. Cover the pan close, and let it simmer over a slow fire for a quarter of an hour; this done, take up the salmon, and lay it in a dish, which must be covered, and and set over hot water; then boil the sauce till it is thick; after which take out the sweet herbs, onion, and spice, and pour it over the fish. Garnish with lemon.

*To stew COD.*

The cod must cut into slices of about an inch thick, and laid at the bottom of a large stew-pan; into which put half a pint of white wine, and a quarter of a pint of water, with a bundle of sweet herbs, an onion, nutmeg, beaten pepper, and salt. Cover the stew pan close, and let it simmer gently for five or six minutes; then squeeze the juice of a lemon into it, and put in a few oysters, with a piece of butter as big as an egg, rolled in flour, and a blade or two of mace. Cover the pan close, and let it stew gently, shaking the pan often. When the cod is enough, take out the sweet herbs, and onion, and dish it up; pour the sauce over it, and garnish with lemon.

*To boil a COD's head.*

Let a sufficient quantity of water be put into a fish-kettle to boil the head, with a pint of vinegar, a handful of salt, a bundle of sweet herbs, and a piece of horse-radish. After the water has boiled for a quarter of an hour, put in the head, and let it continue boiling till you are certain it is enough; lift up the fish-plate, and let the water drain away; then lay it in a dish, with the liver on one side; melt some butter with a little of the fish liquor, and an anchovy, or oysters, or shrimps.

*To roast a COD's head.*

When the cod's head has been well wash'd and clean'd, score it with a knife, throw a little salt over it, and lay it in a stew-pan before the fire, with something behind it to keep in the heat; or, which is better, a large tin oven. The head will let fall a quantity of water, all which that comes away for the first half hour is of no use, and must

must be thrown away. Then sprinkle on some grated nutmeg with cloves and mace beat fine ; as also a little salt. Afterwards, flour it, and baste it with butter. When it has roasted some time, turn it on the other side, seasoning it, and basting it as before. It will be necessary to turn it often, and at last to baste it with butter and crumbs of bread. A large head will take four or five hours roasting in this manner. For sauce, take some melted butter, with an anchovy, and two yolks of eggs mixt with it ; then add some boiled liver, which is bruised fine, and mix with the rest. Strain the mixture through a sieve, and pour it into the sauce pan again, with a few shrimps, two spoonfuls of red wine, and the juice of a lemon ; pour it into the stew pan the head was roasted in, and mix all together ; then put it into the saucepan, and keep it on the fire till it boils, constantly stirring it. Send this sauce to the table in a bason. The head must be garnished with lemon and horse-radish.

*To broil COD'S SOUNDS.*

The cod's sounds must be first of all laid in hot water for a few minutes ; then they must be rubb'd well with salt to clean them, and to take off the skin. This done, put them in water, and let them just boil ; then they must be taken out and flour'd, seasoning them with pepper and salt : lay them whole on the gridiron to broil, and when they are enough, put them in a dish. Melt some butter, mix it with mustard, and pour it into the dish.

*To fricassée COD'S SOUNDS.*

Take cod's sounds, clean them as above, and cut them into small pieces ; then boil them in milk and water till they are tender, and put them into a cullender to drain : when they are drained,  
season

season them with a little grated nutmeg, powdered mace, and a very little salt. Put them into a sauce pan, with cream enough for sauce, and a good piece of butter rolled in flour; shake the sauce round, while it is over the fire, till the liquor is thick enough; then put all into a dish, and garnish with lemon.

*To broil HADDOCKS.*

Take the guts of the haddock out at the gills, and let them be well cleaned and washed; afterwards dry them well in a clean cloth, and flour them well: take care that the fire be clear, and the gridiron cleaned and hot before they are laid on. At first they must be turned quick two or three times, for fear of sticking; afterwards let one side lie till it is enough, and then turn the other: When this is done, take them up, and put plain melted butter in a cup.

*To broil WHITINGS.*

When they are well cleaned, flour them, and lay them on a gridiron, which must be set high over a good clear fire: let them be broiled till they are of a fine brown; then take them up, and put them in a dish, with melted butter in a basin; garnish with horse-radish and lemon.

*To boil a TURBUT.*

It will be proper first to lay it in salt and water for an hour or two; then set the fish-kettle over the fire with water and salt, a little vinegar, and a piece of horse-radish. As soon as the water boils, lay the turbut on a fish-plate, and put it into the kettle: it must be well boiled, but not too much. When it is enough, take the kettle off, and set it  
before

before the fire; lift up the fish-plate and set it across the kettle to drain; melt a good deal of butter, and put a lobster or two in it, cut into small bits. Then let it boil, and pour it into basons. Lay the turbut in a dish; pour a spoonful or two of sauce over it; and garnish with horse-radish and lemon.

*To boil SOALS, and a little TURBUT.*

After a pair of soals are cleansed, lay them in water, vinegar, and salt, for two hours. Then dry them in a cloth, and put them into a stew-pan, with a pint of wine, an onion stuck with cloves, a bundle of sweet herbs, some whole pepper, and a little salt; cover them and let them boil. When they are sufficiently done, take them up, and put them in a dish; strain the liquor, and thicken it with butter and flour; pour it over the soals, and garnish with horse-radish and lemon.

*To boil FLAT-FISH.*

Take flat-fish, cut off the fins, and put them into water, with horse-radish, and a good deal of salt; let them boil till they are enough, without breaking; and then take them up and drain them well. Put melted butter in a cup.

*To fry FLAT-FISH.*

Flat-fish must be fried either in oil or butter, till they are of a fine light brown. When they are done, drain out the fat on a coarse cloth.

*Another way to boil PLAICE or FLOUNDERS.*

When the water boils, throw in salt, and put in the fish. When they are enough, take them out one by one, with a slice to drain. Put some melted butter in a cup.

*To bake a PIKE.*

When a pike is gutted and clean'd, take the tail, turn it round, and thrust it into the mouth. Then take toasts, cut three cornerways, and put them in the middle of the dish, and the pike over them; flour it, and stick pieces of butter all over; then flour it again and send it to the oven; or rather put it into a tin oven before the fire; for then you may baste it as you please. When it is done put it into another dish; pour in melted butter, with anchovy, and a few oysters. Garnish with the toast about the pike, and lemon about the dish.

*To stew EELS.*

When the eels are skin'd, gutted, and wash'd clean from the sand, cut them in pieces about the length of one's finger; put no more water into the stew-pan than will serve for sauce, with an onion stuck with cloves, a little sweet herbs, and a blade or two of mace; as also some whole pepper in a thin muslin rag. Cover the stew-pan close, and let them stew softly. After some time, put in a piece of butter roll'd in flour, and a little chopt parsley. Look at them now and then; and when they are quite tender, take out the onion, spice, and sweet herbs. Put in a little salt, and put them in a dish with the liquor.

*To stew EELS with broth.*

When the eels are clean'd as above, put them into the sauce-pan, with water enough to cover them, a crust of bread, and a blade or two of mace. Stew them gently, and when they are enough, put them into the dish with the broth. Melt some butter, and put it into a cup to eat with the eels.



*To fry EELS.*

Clean the eels, cut them in pieces, and season them with pepper and salt; then flour them and fry them with butter; drain the fat away and lay them in a dish. The sauce may be melted butter with the juice of a lemon.

*To dress EELS with brown sauce.*

A large eel is much the best for this purpose, which must be made very clean. Then cut it in pieces and put it in a saucepan, with a quarter of a pint of water, an onion, sweet herbs, some whole pepper, a blade of mace, and a little salt. Cover the saucepan close, and when the water begins to simmer, put in a spoonful of mushroom pickle, a gill of red wine, and a bit of butter as big as a walnut roll'd in flour. Cover the saucepan close again, and stew the eel till it is enough, which you will know by its being tender. Take up the eel, strain the liquor, and pour it over it for sauce. Garnish with lemon.

*To pitchcock EELS.*

Take a large eel and split it down the back; then joint the bones and cut it into two or three pieces. This done, lay them for two or three minutes in melted butter, with a little vinegar and salt. Take them out one after another, turn them round like a ring, and fasten them with small skewers. Afterwards roll them in crumbs of bread, and broil them till they are of a fine brown. Put some plain butter with the juice of a lemon into a cup.

*To fry LAMPREYS.*

When the lampreys are fresh you must bleed them and save the blood. Then take off the slime, by washing them in hot water, and cut them in  
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pieces. They must be fried in butter, but not till they are quite enough. Pour out the fat, and put in a little white wine, with whole pepper, nutmeg, sweet herbs, a few capers, a bay-leaf, a little salt, and a good piece of butter roll'd in flour. Shake the pan round often, and cover them close. When they are enough, strain the sauce and give it a quick boil; squeeze in a little lemon, and pour it over the fish. Garnish with lemon.

*To boil STURGEON.*

The liquor that sturgeon is to be boiled in, must be composed of two quarts of water, a pint of vinegar, a stick of horse-radish, some whole pepper, a bay-leaf, and a small handful of salt. Take as much of this liquor as will just boil the sturgeon, and make the following sauce. Dissolve an anchovy in a pound of melted butter, bruise the body of a crab in the butter, and then put in a few shrimps, or craw-fish, a blade or two of mace, a little catchup, and lemon-juice. Drain the fish well, and put it in a dish, and the sauce in cups. Garnish with fried oysters, sliced lemons, and scraped horse-radish.

*To roast fresh STURGEON.*

Take eight or ten pounds of sturgeon, with the scales on, and lay it in salt and water for eight hours. Afterwards fasten it to the spit and roast it for a quarter of an hour, basting it well with butter, and then drudge it well with flour. This done, grate a little nutmeg over it; likewise throw over it powder of pepper, a little mace, and salt, together with a few sweet herbs, dried and powder'd fine; last of all, crumbs of bread. Keep drudging it with crumbs of bread, and basting it with the liquor that falls from it, till it is enough. In the mean while prepare the following sauce:

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Take a pint of water, an anchovy, an onion, a bundle of sweet herbs, some whole pepper, a piece of horse-radish, a little lemon-peel, with cloves and mace. Boil them together for a quarter of an hour, and then strain off the liquor. Put it into the saucepan again, with a pint of white wine, a dozen oysters, with their liquor, two spoonfuls of catchup, two of walnut pickle, one of mushroom pickle, the flesh of a lobster, or shrimps, or prawns, and a good piece of butter roll'd in flour. Boil all together; take up the fish, and pour the sauce over it. Garnish with fried toasts and slices of lemon.

*To dress salt FISH.*

Salt cod, or ling, must be laid in water twelve hours, to take out some of the salt. Then take it out, and lay it on a board for another twelve hours. This done, put it in water for twelve hours more. Put it into the water cold when you boil it, and let it continue for fifteen minutes after the water boils. This will be sufficient when the cod is very good. Parsnips or potatoes may be boiled in a saucepan by themselves. After they are enough, scrape the parsnips fine, and put them into a saucepan with milk; stir them till they are thick, and then put in a good piece of butter, and a little salt. The potatoes may be peel'd, wash'd, and dressed in the same manner. Put either into a plate; as also eggs boiled hard, chopt, and put into a basin with butter.

*To roast LOBSTERS.*

When lobsters are roasted, they need not be put on a spit, as is the common way; but boil them first, and lay them before the fire; then baste them with butter till they have a fine froth. Take

them up, lay them in a dish, and put plain melted butter in a bason.

*To butter LOBSTERS.*

First parboil the lobster, and carefully take out all the meat from the tail, claws, and body, cut it small, and put it into a saucepan with five or six spoonfuls of white wine, a little beaten pepper, a blade of mace, and a little salt; stew it a few minutes, and then put in a piece of butter; shake the saucepan round till the butter is melted; and add a spoonful of vinegar, with as many crumbs of bread as will make it thick enough. Broil the chine of the lobster with pepper and salt; then pour the mixture out of the saucepan into a plate, and lay the chine round it, cut into four parts. The same proportion must be observed when there is three or four lobsters butter'd at a time.

*To dress a CRAB.*

Take out the meat of a large crab free from the skin, and put it into a stew-pan with half a pint of wine over a slow fire, adding a little nutmeg, pepper, and salt. Beat up the yolk of an egg with a spoonful of vinegar, and throw it in with a few crumbs of bread; then shake the sauce-pan round for a minute, and pour the mixture into a plate.

*To butter CRABS.*

Take two large crabs that have been boiled, and take out the meat; put it into a saucepan with a glass of white wine, two spoonfuls of vinegar, and a grated nutmeg. When the mixture is quite hot, put in a pound of fresh butter melted, with an anchovy, and the yolks of two beaten eggs, mixt with the butter. Shake the saucepan round till the liquor is boiling hot. Pour some of it into the  
largest

largest shell, and place it in the middle of the dish. The rest must be put into little saucers, and plac'd round the shell, with three corner'd toasts between the saucers and round the shell.

*To scollop OISTERS.*

Put oysters into scollop-shells, and place them on a gridiron over a clear fire. Stew them till they are enough, and then fill the shells with crumbs of bread. This done, set them before the fire, and baste them with butter. Keep them turning till they are all over of a fine brown.

*To stew MUSCLES.*

Wash them well to free them from sand; then put them into a saucepan and cover them close. Keep them there till the shells are all open'd, and pour them into a dish. Examine them one by one, and take out the excrescence that looks like hair, and take care there is no crabs. Then put them into a saucepan, with half a pint of the strain'd liquor that comes from them, with a blade or two of mace, and a bit of butter of the size of a walnut, roll'd in flour. Stew them a little and pour them into a dish, with toasted bread laid round them.

*To stew SCOLLOPS.*

When the scollops have been well boiled in salt and water, take them out, and stew them in a little of the liquor, with a little white wine vinegar, two or three blades of mace, two or three cloves, and a piece of butter roll'd in flour; together with the juice of a seville orange. When they are stew'd enough, put them in a dish.

*To butter SHRIMPS.*

Take two quarts of shrimps, and put them in a pint of white wine, with grated nutmeg. Then take half a pound of melted butter, and beat in eight eggs, with a little white wine. Mix all together, and put the saucepan over the fire ; shaking it constantly one way till the mixture is thick enough. Lay toasted sippets in the dish, and pour the shrimps over them.

*To make sauce for TURBUT, SALMON, broiled COD, and HADDOCK.*

There is nothing better for these fish than lobster sauce ; which is made with fine fresh butter, melted thick, and the flesh of a lobster cut into little pieces. Stew them together, and let them just boil.

*To make SHRIMP SAUCE.*

Take a pint of beef gravy, well seasoned, and half a pint of shrimps ; put them together into a saucepan, and thicken the mixture with a piece of good butter roll'd in flour, and let it boil.

*To make OISTER-SAUCE.*

Put half a pint of large oysters into a saucepan with their own liquor, twelve whole pepper-corns, and two or three blades of mace. Let them simmer over a slow fire till the oysters are fine and plump. Then take them out with a fork from the liquor, and let it boil five or six minutes. Then strain the liquor and wash the saucepan. Afterwards put the oysters and liquor into the saucepan again, with half a pint of gravy, and half a pound of butter roll'd in flour. Add to these a spoonful or two of white wine. Keep them stirring till the butter is melted, and the liquor boils.

*To*

*To make ANCHOVY-SAUCE.*

Put an anchovy into half a pint of gravy, with a quarter of a pound of butter roll'd in flour. Mix these together in a saucepan, and stir them till the liquor boils. To give this a relish to your liking, you may put catchup, or wine, or walnut pickle.

*Another ANCHOVY-SAUCE.*

This is only melted butter with an anchovy ; to which may be added, a spoonful of walnut pickle, or catchup.



SAUCES *for* VENISON,  
GEESE, TURKIES,  
FOWLS, &c.

*To melt BUTTER.*

**Y**OU must always melt butter in a saucepan well tin'd, in which a spoonful of cold water has been put, with a little dust of flour, and the butter cut into bits. The saucepan must be kept shaking all one way, to prevent the oiling of the butter. When it is melted, let it boil to make it smooth and fine.

*To burn BUTTER for thickning of SAUCE.*

Put the butter in a saucepan, and set it over the fire, letting it boil till it is brown. Shake in some flour, and keep it stirring till it is thick. This is what many cooks keep by them to thicken and brown their sauce, but it is disagreeable to the stomach.

*To make GRAVY.*

Take a piece of beef, mutton, and veal, and cut them into very small bits, and put them into a deep saucepan with a cover; lay the beef at the bottom, then the mutton, then a small rasher of bacon, with a slice or two of carrot, an onion sliced, a bundle of sweet herbs, whole pepper, mace, and cloves. This done, lay the veal over all, cover the saucepan close, and put it over a slow fire for six or seven minutes, shaking the saucepan now and then. Throw some flour in, and pour in boiling water till all the meat is covered, and somewhat more. Cover the saucepan close again, and stew the meat till the gravy is rich and good. Add a little salt, and then strain it off.

*To draw GRAVY from Beef, Mutton, or Veal.*

Take a pound of beef, mutton, or veal, and cut it thin; as also a bit of bacon about two or three inches long, and lay it at the bottom of the saucepan, over which lay the meat. Add some carrot to these, and cover the saucepan close for two or three minutes, setting it over a slow fire. Then pour in a quart of boiling water. Add some onions, sweet herbs, and spice, with a crust of bread toasted. Set the saucepan again over the fire, and thicken it with a bit of butter roll'd in flour. When the gravy is done to your mind, throw in a little salt, and strain it off. Some omit the bacon.

*To make GRAVY for WHITE SAUCE.*

Cut a pound of veal into small pieces; put them into a saucepan, and boil them in a quart of water over a slow fire, with an onion, a few whole pepper-corns, two cloves, and a blade of mace.

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You may let them stew till you think the gravy is rich enough.

*To make GRAVY for TURKIES or FOWLS.*

Cut and hack a pound of lean beef very well, and flour it. Then put a piece of butter into a stew-pan, of the size of an egg; when it is melted, lay in the beef, and fry it till it is brown on both sides. This done, pour in three pints of boiling water, with a bundle of sweet herbs, a little bit of carrot, a little crust of bread toasted brown, twelve whole pepper-corns, three blades of mace, and four cloves; cover the stew-pan close, and let it boil till there remains only a pint of gravy; then throw in a little salt, and strain it off.

*Another GRAVY for FOWLS.*

Boil the gizzard, neck, and liver of a fowl, in half a pint of water, with a bit of bread toasted brown, a little pepper and salt, and a bit of thyme; boil away one half, and then put in half a glass of red wine; strain the gravy, and take the liver and bruise it well; then put it into the gravy again, and strain it a second time; last of all, thicken it with a bit of butter roll'd in flour.

*To make a FISH-GRAVY.*

Let two or three eels, or other fish, be cleaned as if they were to be boiled, and cut them into small bits; put them into a saucepan with water enough to cover them, a little crust of bread toasted brown, some whole pepper, sweet herbs, a blade or two of mace, and a little bit of lemon-peel; let them boil till the gravy is rich and good; and if there is a pint left, melt a bit of butter of the size of a walnut with flour; shake the saucepan till it is brown; then strain the gravy into it, and boil it for a few minutes.

*Sauce*

*Sauce for VENISON.*

Sauce for venison may be either currant jelly warmed, or half a pint of red wine, simmer'd over a clear fire, with a quarter of a pound of sugar; or the same quantity of vinegar, with a quarter of a pound of sugar, simmer'd over a clear fire, till it becomes a fyrrup.

*Sauce for roasted TURKIES.*

Proper fauce for a turkey, will be gravy in a dish; and either bread, or onion fauce, in a bason.

*Sauce for a boiled TURKEY.*

Take a little water or mutton gravy, an anchovy, an onion, a bit of thyme, a little bit of lemon-peel, and a blade of mace. Boil these together, and strain them; then melt butter, and mix with it. Lay a few fried sausages round the dish; and garnish with lemon.

*Sauce for FOWLS.*

Put good gravy in a dish, and bread or onion fauce in a bason.

*Egg sauce, for roasted FOWLS or CHICKENS.*

Take two or three eggs, boil them hard, chop them fine and put them in a bason. Then melt some fresh butter thick, and pour over them. Put some good gravy in the dish.

*Shalot sauce, for roasted FOWLS.*

Put five or six shalots, peel'd and cut small, into a saucepan, with two spoonfuls of vinegar, two of white wine, and two of water. Let them just boil, and pour them into a dish with pepper and salt.

*Lemon*

*Lemon sauce, for boiled FOWLS.*

First pare off the rind of a lemon, then cut it into slices, and take the kernels out; afterwards cut it small. Bruise the liver of the fowl with two or three spoonfuls of good gravy. This done, melt some butter and mix them together; put them into a saucepan and let them boil; chop the lemon-peel very small and put it into the mixture.

*Another sauce for boiled TURKIES or FOWLS.*

Take a quarter of a pint of water, an anchovy, a piece of lemon-peel, five or six whole pepper corns, and a blade or two of mace. Boil them together, strain out the liquor; and then add as much butter and flour as will be sufficient for sauce. Let it boil, and then it will be done. Lay the sausages round the turkey or fowl, and garnish with lemon.

*Mushroom sauce, for TURKIES or FOWLS.*

Put half a pint of cream, and a quarter of a pound of butter, into a saucepan; stir them together one way till the mixture is thick. Then add a spoonful of mushroom pickle and a few mushrooms, fresh or pickled. Let them boil, and the sauce is done. Garnish with lemon.

*Sellery sauce, for TURKIES, FOWLS, PARTRIDGES, &c.*

Wash a large bunch of sellery, pare it, and cut it into thin bits. Boil them gently in water till they are tender. Then add a little mace in powder, grated nutmeg, with pepper and salt; thicken it with a good piece of butter, roll'd in flour. Then let the sauce boil, and pour it into the dish.

*Sauce for a roasted GOOSE.*

Make a little good gravy, and put it into a bason by itself, and apple sauce in another.

*Sauce for a boiled GOOSE.*

Boil onions or cabbage first, till they are done enough; then stew them in butter for about five minutes.

*Sauce for roasted DUCKS.*

Put some good gravy in the dish, and onions boiled, in a cup.

*Onion sauce, for boiled DUCKS or RABBITS.*

This sauce is made of onions, in the following manner. Take onions, peel them and boil them in a good deal of water; take them out, put them in another water, letting them boil for two hours; put them in a cullinder to drain, and chop them on a board with a knife; put them into a saucepan with a good piece of butter; shake flour over them, and put in a little milk or cream; set the saucepan over the fire, and when the butter is all melted the sauce is enough.

*A speedy way of making ONION-SAUCE.*

Take onions, peel them and cut them into thin slices; put them into a saucepan with milk and water; boil them for twenty minutes, and throw them into a cullinder to drain; then chop them and put them in a saucepan again; shake a little flour over them, and add a little milk or cream, with a good piece of butter; stir them all together till the butter is melted, and then it will be done.

*To make BREAD-SAUCE.*

Take a pint of water and a good piece of bread, with some whole pepper, and a blade or two of mace; boil them till the bread is soft, and take out all the spice; pour out all the water, except just enough to keep the bread moist; beat the bread soft with a spoon; then put it into a saucepan with a good piece of butter, and a little salt; stir them well together for a minute or two, and then pour the sauce into a bason.

*Sauce for PHEASANTS and PARTRIDGES.*

This is only good gravy put into the dish, and bread-sauce in a cup.

*Sauce for LARKS.*

Take a good piece of bread, and rub it in a clean cloth to crumbs; then throw them into a saucepan with butter: but observe that the butter must be melted before the crumbs are put in. Stir them about till they are brown, and then throw them in a sieve to drain. Lay them round the larks.

*Sauce for a HARE.*

Take a pint of cream and half a pound of fresh butter; put them into a saucepan, and keep them stirring till the butter is melted, and the sauce thick; pour the sauce into the dish.

*Another sauce for a HARE.*

Make some very good gravy, and thicken it with a little piece of butter roll'd in flour.

*N. B.* Some choose currant-jelly warm'd put in a cup. Others take half a pint of red wine, and a quarter of a pound of sugar, and set them over a slow fire for a quarter of an hour.

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*To make* GRUELS, PANADOES,  
CAUDLES, BROTHS, SOUPS,  
FOOLS, *and* FURMITY.

*To make* WATER-GRUEL.

**T**AKE a pint of water and a large spoonful of oatmeal; put them into a saucepan and stir them together; let them boil up three or four times, and stir them as often: take care that it don't boil over. Then strain it through a sieve, and salt it to your own liking. Put in a lump of butter, and when it is melted mix them together with a spoon. Some like a little pepper.

*To make* BARLEY-WATER.

Take a quarter of a pound of pearl-barley, and put it into two quarts of water; boil them together to the consumption of one half, taking off the scum, and then strain it off; put in two spoonfuls of wine and a little sugar; drink it luke-warm.

*To make* PANADOE.

Take a quart of water, and put it into a saucepan, with a large piece of crumb of bread, and a blade of mace; let them boil for two minutes, take out the bread and bruise it in a bason very fine; mix as much of the water as will make it of a proper thickness, and sweeten it to your palate; put in a bit of butter of the size of a walnut, and grate in a little nutmeg.

*To boil SAGOE.*

To three quarters of a pint of water, add a large spoonful of sagoe, and boil them together softly, till the liquor is of a thickness to your liking; then put in a little white wine and sugar, and grate in a little nutmeg.

*To make WHITE CAUDLE.*

Take two quarts of water and four spoonfuls of oatmeal, with a piece of lemon-peel and a blade or two of mace; boil them for a quarter of an hour, and stir them often, taking care the liquor does not boil over; then strain it through a coarse sieve. At the time of use add some wine, sugar, and a little grated nutmeg.

*To make a BROWN CAUDLE.*

Take two quarts of water and six spoonfuls of oatmeal; boil it as above, and strain it. Then add a quart of ale that is not bitter; boil it, and sweeten it to your palate. Afterwards add half a pint of white wine. Or you may make it with half water and half ale, and leave out the white-wine.

*To make CHICKEN WATER.*

Take a cock, or large fowl, and flea it; then bruise it with a hammer, and put it into a gallon of water with a crust of bread; let it boil half a-way, and strain off the water.

*To make CHICKEN-BROTH.*

Take an old cock, or large fowl, flea it, and take off all the fat. This done, bruise and break it with a rolling-pin. Then put it into two quarts of water,

ter, with a good crust of bread and a blade of mace ; let it boil softly for five hours, and then put in a quart more of boiling water ; cover it close, boil it a little while, and strain it off. Put in but a very little salt.

*To make strong BEEF or MUTTON BROTH.*

Take a pound of beef or mutton, or half a pound of each ; take off all the fat and skin, and cut the meat into little pieces, and put them into two quarts of water ; boil it till the liquor comes to a quarter of a pint, and skim off all the fat. This is designed for those whose stomachs will bear but little nourishment, and who cannot digest solid aliment. A tea-cup full of this is sufficient at a time. Some can take but a spoonful, or half a spoonful, or a tea-spoonful at once. It is very nourishing.

*To make MUTTON-BROTH.*

Take a pound of a loin of mutton, without the fat, and put it into a quart of water ; boil it, and skim the saucepan well. Then put in a good piece of the upper-crust of a loaf, and a blade or two of mace ; cover the saucepan close, and boil it gently for an hour ; pour off the broth without stirring, and throw in a very little salt.

*Broth of a Scraig of VEAL.*

Put a quart of water to every pound of veal into a saucepan ; let it boil a little, and skim it very clean. Then put in a good piece of the upper-crust of a loaf of bread, with a little parsley tied with a thread, and as many blades of mace as there are pounds of meat ; cover the pan close, and let it boil gently for two hours, and then the broth will be ready.



*N. B.* The preparations above may be useful for lying-in women; and for persons that are weak or sick, or that are under a course of physic; according to their several circumstances.

*To make PLUM-GRUEL.*

Take two large spoonfuls of oatmeal, and stir it in two quarts of water; then put in a blade or two of mace, and a bit of lemon-peel: boil these together in a sauce-pan for five or six minutes, and strain the liquor: then return it into the sauce-pan, and put in half a pound of currants, clean pickt and washed; let them boil about ten minutes, and then add a glass of white wine, a little grated nutmeg, and sugar enough to sweeten it.

*To make PLUM-PORRIDGE.*

Take half a pound of pearl barley, a quarter of a pound of raisins well cleaned, a quarter of a pound of currants, clean pick'd and wash'd; put them into a gallon of water, with two or three blades of mace, and boil till rather more than half is consumed: then add half a pint of white wine, and as much sugar as will make it agreeable.

*To make SCOTCH BARLEY-BROTH.*

Chop a leg of beef in pieces, and boil it in three gallons of water, with a crust of bread, and a piece of carrot, to the consumption of one half: then strain off the liquor, and put it into the pot again, with half a pound of pearl barley, four or five heads of barley cleaned and cut small, a bundle of sweet herbs, a large onion, a little chopt parsley, and a few marygolds; boil them together for an hour; then take a cock, or fowl, well pick'd, and put it into the pot; keep it boiling till you find the broth rich and good; then throw in a little  
G salt,

salt, pour it into a deep dish, take out the onion and sweet herbs, and send it to the table with the fowl in the middle. Some think the fowl is unnecessary.

*To make MUTTON BROTH.*

Cut a neck of mutton in two, that weighs about six pounds, and boil the scraig end in a gallon of water; skim the pot well, and then put in an onion, a bundle of sweet herbs, and a good crust of bread: boil it about an hour, and put in the other part of the mutton, with a turnep or two, a few chives chopt fine, some marygolds, and a little parsley cut small. Put these in about a quarter of an hour before the last part of the mutton is boiled enough. Season the broth with a little sauce. When turneps are to be boiled to eat with the mutton, they must be put into a pot by themselves, otherwise the broth will taste too strong of them.

*To make BEEF BROTH.*

Crack the bone of a leg of beef, in two or three places; then wash it clean, and put it into a pot, with a gallon of water: let it boil, and skim it well; then put in a good crust of bread, a bundle of parsley, and three blades of mace: boil till not only the beef, but the sinews, are quite tender; toast slices of bread, cut it into small bits, and lay them in a dish; place the beef upon them, and pour in the soup.

*To make a strong BROTH for soups.*

Chop a leg of beef to pieces, and put it into a pot, with four gallons of water; set the pot over the fire till it boils, and then skim it clean: this done, put in a bundle of sweet herbs, some whole  
pepper,

pepper, and a few cloves ; boil them till two thirds of the liquor is consumed ; then put in a little salt : afterwards let it boil, and then strain it off for use.

*To make a very strong BROTH which may be kept for several uses.*

Take the scraig end of a neck of mutton, and a piece of a leg of beef ; lay them in a pot, pour in as much water as will cover them, and then throw in a little salt ; let it boil, and take off the skum ; then put in a whole onion stuck with cloves, a bundle of sweet herbs, a nutmeg cut into four parts, and some whole pepper : these must be boiled till the meat is all in rags ; then put in four anchovies, and when they are dissolved, strain off the broth for use.

*To make GRAVY for soups.*

Clean a leg of beef well ; cut and hack it, and put it into a large earthen pan ; then add two onions stuck with cloves, a bundle of sweet herbs, a piece of carrot, a spoonful of whole pepper, a blade or two of mace, and a quart of stale beer : pour in as much water as will cover them all, and lay brown paper over the pan, rubb'd with butter. It must be done very close, and then sent to the oven to be baked. When it comes home, strain the gravy thro' a coarse sieve, and keep it for use. When you have pease ready boiled, this will soon make a pease soup. Or you may take some of this gravy, and some vermicelly ; fry a french roll, and put it in the middle, and it will make a good soup.

*To make a GRAVY-SOOP.*

Cut and hack to pieces a pound of mutton, a pound of veal, and a pound of beef ; put the

veal into two gallons of water, with an old cock beat to pieces, the upper crust of a penny-loaf toasted crisp, an onion, a bundle of sweet herbs, two tea-spoonfuls of whole pepper, four or five blades of mace, four cloves, and a piece of carrot : cover the pot, and let it stew over a slow fire till half the liquor is consumed ; then strain the gravy off, and put it into a sauce-pan, with two or three spoonfuls of raspings, half an ounce of truffles and morels, three or four heads of selery wash'd and cut small, and a few hearts of young favoys : cover the pan close, and let it simmer gently over a slow fire for two hours ; pour the soup into a dish, to a french roll fry'd, and some fry'd forced meat balls.

*To make another GRAVY-SOOP.*

Take some of the strong broth or soup, and put in as much water as will bring it to your palate ; put the mixture over the fire to boil, and it is done.

*To make a green PEASE-SOOP.*

Take a knuckle of veal that weighs about three or four pounds, cut it into small pieces, and put it in a large sauce-pan, with six quarts of water ; then add about half an ounce of lean bacon steeped in vinegar for an hour, twenty-four whole peppercorns, four or five blades of mace, three or four cloves, a little bundle of sweet herbs and parsley, a little piece of the upper crust of a loaf of bread toasted crisp : cover the sauce-pan close, and let it boil gently over a slow fire, till half the liquor is consumed ; strain off the broth, and put it into the sauce pan again when cleaned : and a pint of green pease, four heads of selery, and a lettuce, both of which must be cut very small ; cover the sauce-pan

pan close, and let it stew gently over a slow fire for two hours. In the mean while, boil a pint of old pease in a pint of water very tender; strain the liquor, with as much of the pulp as you can, through a coarse hair sieve; pour it into the soup, and let them boil together: put in as much salt as suits your palate; pour it into a dish, to a french roll fry'd crisp. The whole quantity should be at least two quarts.

*To make SOOP of old pease.*

Boil a quart of pease in two gallons of water, till they are tender; then put in a piece of salt pork, which was laid in water the night before, with two large onions peel'd, a bundle of sweet herbs, some selery, and a quarter of an ounce of whole pepper; boil the pork till it is enough, and then strain the soup; put it on the fire again to boil, and rub in a good deal of dry mint; put the pork in again, and let boil; then serve it up.

*To make PORTABLE-SOOP.*

Strip all the skin off a leg of veal, and carefully take off all the fat; then cut all the fleshy part clean from the bones; put this into a pot, with four gallons of water, and boil it till as much of the meat as can be dissolved is turned into a jelly; and then what remains will be of no use or value; remembering to keep the pot so close covered, that as little may evaporate as possible, and not boil it too fast: you may try it by taking the liquor out with a spoon, and when you find it to be a rich gelly, when cold, it is enough: then strain it through a sieve into a clean earthen pan, and when it is cold, take off the fat from the top; then take earthen-ware cups, well glazed, and fill them with the gelly; taking care not to meddle

with the settling at the bottom ; then place them in a stew-pan full of water, placed over a stove, but in such a manner that none of the water may get into the cups, for that will render all the cost and labour ineffectual ; let the water in the stew-pan boil gently all the time, till the gelly becomes as thick as glue ; let them stand to cool, and then turn them out of the cups into some clean flannel, and that will suck up the remainder of the moisture ; keep them in a warm dry place, and in time, they will become as hard as glue ; and then they may be carried in the pocket without taking any harm ; but the best way is to keep them in tin boxes. When you would use them, boil herbs in the water, to your own liking, and strain off the water, into a pint of which put a bit of the glue, of the size of a walnut, and stir it about over the fire till it is melted : put in salt to your own liking. Observe that some, and perhaps it is the best way, put onions, spice, sweet herbs, and whatever else they please, and boil them in water ; then they strain off the water, and put it into the jelly boiling hot, keeping the pot on the fire till it is sufficiently done, and proceed as before.

*To make an elegant PEASE-SOOP with flesh meat.*

Boil a quart of split pease in a gallon of water, till they are quite soft ; then put in half a red herring, or two anchovies, a bundle of sweet herbs, some whole pepper, a large onion, four or five cloves, three blades of mace, five cloves, the green tops of selery, and a good bundle of dried mint : cover the pot close, and let them boil to two quarts. In the mean time, take the white part of selery cut small, with some spinage pick'd and wash'd ; put a quart of water to them in a sauce-pan, and let them stew till the water is almost wasted,

wasted, and then put them into the soup ; afterward take the crumb out of a french roll, and fry the crust brown in a little butter ; then fill the hollow with spinage stew'd in butter : this done, take and cut it to pieces, and beat it in a mortar with a raw egg, with spinage, sorrel, mace, and nutmeg, a little of each, together with an anchovy ; roll them into little balls with flour, and fry them ; as also fry some bread crisp cut into dice. Lay the balls and bread into the dish, with the roll in the middle ; and pour the soup to them ; rub in some dry mint, and garnish the dish with spinage.

*To make a GREEN-PEASE-SOUP without flesh meat.*

Boil a quart of old green pease in a gallon of water, till they are tender, with a bundle of mint, a few sweet herbs, whole pepper, mace and cloves ; then pass both the liquor and pulp through a coarse sieve, and put all that comes through into a sauce-pan, with four heads of celery, a handful of spinage, a lettuce, and a leek, all cut small ; as also a quart of green pease, and a little salt : let them boil gently, till there is about two quarts of soup left, and then send it to the table.

*To make PEASE-PORRIDGE.*

Boil a quart of green pease in a quart of water, a bundle of dried mint, and a little salt, till they are quite tender ; then add some beaten pepper, and a bit of butter, of the size of a walnut rolled in flour ; stir them all together, and boil them for a few minutes ; then add two quarts of milk, and let them boil for a quarter of an hour : take out the mint, and serve it up.

*To make a BARLEY-SOOP.*

Boil half a pound of pearl barley in a gallon of water, with a large crust of bread, a little lemon peel, and a blade or two of mace, till it comes to two quarts ; then add half a pint of white wine, and sweeten it with a little sugar.

*To make RICE-SOOP.*

Put a pound of rice into two quarts of water, with a little cinnamon, into a sauce-pan ; place it over a gentle fire, and let it simmer till the rice is very tender ; take out the cinnamon, and grate in half a nutmeg, with as much sugar as will sweeten it. Then take half a pint of white wine, and beat in the yolks of three eggs, and stir the mixture into the rice after it is quite cold ; then set the sauce-pan over a slow fire, and keep it constantly stirring, to prevent its curdling : when it is boiled to a proper thickness, take it up, and pour it into the dish.

*To make RICE-MILK.*

Boil half a pound of rice in a quart of water, with a little cinnamon in a sauce-pan ; set it over the fire, and let it boil till the water is almost all wasted ; then put in three pints of milk, with the yolk of an egg beaten up ; throw in a little sugar to sweeten it, and keep it constantly stirring till it boils up, and then it is done.

*To make FURMITY.*

Take two quarts of milk, a quart of ready boiled wheat, and a quarter of a pound of currants well cleaned ; stir these together, put them in a sauce-pan, and boil the mixture ; then beat up the  
yolks



yolks of three eggs, with a little grated nutmeg, two or three spoonfuls of milk, and sugar enough to sweeten the rest : mix the whole in the sauce-pan, stirring them together for a few minutes, and then it will be fit to send to the table.

*To make ALMOND-SOOP.*

Blanch a quarter of a pound of almonds, and beat them in a marble mortar, with the yolks of twelve hard eggs, till they become a fine paste ; then take two quarts of milk, a quart of cream, a quarter of a pound of double refined sugar, and a spoonful of orange-flower water ; mix them together, and pour a little of it to the paste : when this is well blended with the pestle, pour on the remainder, by little and little, keeping them stirring all the time. When the whole is well mixt, put it into a sauce-pan over a slow fire, keeping it stirring all the time : when it is thick enough, pour it into the dish, and send it to the table ; the whole difficulty lies in the prevention of its curdling.

*To make EEL-SOOP.*

Before you make eel-soop, the quantity intended must be considered ; for a pound of eels will make a pint of soop : therefore to every pound of eels allow a pint of water, a crust of bread, an onion, a bundle of sweet herbs, a little whole pepper, and two or three blades of mace : put them into a sauce-pan together, and cover them close, and let them boil till near half the liquor is wasted ; strain it off, and pour it into a dish, where some toasted bread cut small has been laid.

*To make THORNBACK or SCATE-SOOP.*

Boil two pounds of scate, or thornback, put it into a large sauce-pan with six quarts of water. When

When it is done enough, take the flesh off the bones, and put the bones into the sauce-pan again; then take two pounds of any fresh fish, the crust of a penny loaf, a bundle of sweet herbs, some whole pepper, a small piece of horse-radish, two or three blades of mace, a little parsley, and a bit of lemon-peel: put these into the sauce-pan, and boil them till about two quarts of liquor remains: strain it off, and add an ounce of vermicelly, set it on the fire again, and boil it gently; then take the flesh of the skate, put it into a sauce-pan, with two or three spoonfuls of the soup; shake a little flour over it, and then put in a bit of butter, with a little pepper and salt; shake them together, and when the mixture is thick, fill the crust of the roll with it: pour the soup into the dish, and let the roll swim in the middle.

*To make CRAW-FISH SOOP.*

Boil a gallon of water with an onion stuck with cloves, a bunch of sweet herbs, three or four blades of mace, and a little pepper and salt; then take two hundred craw-fish, and lay twenty aside: take a pint of any sort of pease boiled tender, with the bodies and shells of the craw-fish, saving the tails whole; beat these together, in a mortar, and put them into the boiling water; this done, strain off the liquor boiling hot through a cloth, getting as much out as you can. Pour the liquor back, and set it over a slow fire, with a dry french roll cut thin; let it stew till it is half wasted, and then add a piece of butter of the size of an egg: let it simmer till it has done making a noise; then put in a onion, and shake in two tea-spoonfuls of flour, stirring it about at the same time; afterward, put in the tails of the craw-fish, and give them a shake round:

round : to these add a pint of good gravy, and let them boil gently for four or five minutes ; take out the onion, and pour a pint of the soup to it : stir them well together, and pour the mixture back to the soup ; let them simmer very gently, for a quarter of an hour. Fry a french roll brown with the twenty craw-fish ; pour the soup into the dish, lay the roll in the middle, and the craw-fish round the dish.

*To make a GOOSEBERRY FOOL.*

Set two quarts of gooseberries on the fire, with a quart of water, and when they simmer, begin to plump and turn yellow, throw them into a cullender to drain off the water ; then with the back of a spoon, squeeze the pulp through a coarse sieve into a dish ; add sugar enough to make them pretty sweet, and let them stand till they are cold : take two quarts of new milk, and the yolks of four eggs, beaten up with a little grated nutmeg ; mix them together, put them into a sauce-pan, and stir the mixture gently over a slow fire : when it begins to simmer, take it off, and stir it into the gooseberries by degrees ; when it is cold it may be served up to the table. If you use cream, instead of milk, the eggs will be needless.

*To make an ORANGE FOOL.*

Take a pint of cream, a quarter of a pound of sugar, six eggs well beaten, and the juice of six oranges ; mix them all together, put them into a sauce-pan, and keep the mixture stirring over a slow fire till it is thick : then take it off, put in a bit of butter, keep it stirring till it is cold, and then put it in a dish.

*To make a WESTMINSTER FOOL.*

Cut a penny loaf into thin slices, moisten them with sack, and lay them in the bottom of a dish; then take a quart of cream, six eggs beaten up, two spoonfuls of rose-water, some grated nutmeg, and a blade of mace, with sugar enough to sweeten it: put all these into a sauce-pan, set it over a slow fire, and keep it stirring all the time to prevent a curdling; when it begins to be thick, pour it into the dish over the bread. Let it stand till it is cold.

*To make PIES and TARTS.**To make a good CRUST for great PIES.*

**T**AKE a pound and a half of butter, and half a pound of tried suet; put them into boiling water; then skim off the butter and suet, with as much of the water as will be sufficient to make a peck of flour into a light paste: work them together well, and roll out the paste.

*To make a standing CRUST for great PIES.*

Take six pounds of butter, and boil them in a gallon of water; skim it off with as little of the water as possible; work it well into a paste, with a peck of flour; after this, pull it to pieces, let it cool, and then you may work it into any form.

*To make a CRUST with BEEF-DRIPPING.*

Boil a pound and a half of beef dripping in water, then take it off, and strain it; boil it in water again, and take it off as before. If you would have it exceeding fine, this operation must be

be performed two or three times more : this done, work it well with three pound of flour, and add cold water enough to make it into paste.

*To make CRUST with cold materials.*

Rub a pound and a half of butter into three pounds of flour ; then break two eggs into it, and with a sufficient quantity of water make a paste.

*To make PUFF-PASTE.*

Rub half a pound of butter into a quarter of a peck of flour, with a little salt ; then add cold water enough to make it into a light paste ; but let it be stiff enough to work well ; then roll it out, and stick little pieces of butter all over it : this done, throw on a little flour, and roll it up ; then roll it out again, in the same manner as before. This must be repeated nine or ten times, or so long as to consume a pound and a half of butter. This crust is generally made use of for most sorts of pies.

*To make PASTE for TARTS.*

Take a pound of flour, and three quarts of a pound of butter, mix them well together, and beat the paste with a rolling pin.

*Another PASTE for TARTS.*

Take half a pound of flour, half a pound of butter, and half a pound of sugar ; mix them well together, and then beat them with a rolling pin ; then roll it out thin.

*To make a MUTTON PIE.*

Skin a loin of mutton, and take the fat off from the inside ; cut it into steaks, and season with  
pepper

pepper and salt ; lay in the bottom and side, and fill it with meat, pouring as much water into the dish, as will almost fill it ; then put on the crust, and bake it well.

*To make a BEEF-STEAK PIE.*

Beat fine rump steaks well with a rolling pin, and season them with pepper and salt ; lay them into the crust, and fill it, pouring in as much water over them, as will half fill the dish ; put on the crust, and bake it well.

*To make a sweet LAMB or VEAL PIE.*

Butter the dish, and lay in paste for the bottom and side crust ; cut the meat into small pieces ; season them with pepper, mace, nutmeg beaten into powder, and a very little salt ; then put in a layer of meat, and strew upon it currants well cleaned, with a few rasins stoned : then place another layer of meat, and over that a little butter, with water enough to bake it, and no more. As soon as it comes out of the oven, pour in some hot white wine caudle, made very sweet, and send it to the table.

*A savoury VEAL PIE.*

Cut a breast of veal into pieces, season it with pepper and salt, and lay it all into your crust ; take the yolk of six eggs boiled hard, and place them here and here ; fill the dish almost full of water, put on the crust, and bake it well.

*To make a VENISON-PASTY.*

Bone a neck and breast of venison, and season them with salt ; cut them in several pieces, and lay

lay in the breast and neck end first ; place the best end of the neck at the top, and keep the fat whole : the crust must be puff paste, which should be very thick on the sides, middling at the bottom, and thick on the top. When the dish is covered, lay in the venison as before directed, with half a pound of butter, and a quarter of a pint of water : then close up the pasty, and let it be baked two hours in a very quick oven. In the mean time, put the bones into a sauce-pan, with two quarts of water, a little piece of crust, toasted crisp and brown, a whole onion, a little whole pepper, and two or three blades of mace ; cover the sauce-pan close, and let it boil over a slow fire, till half the liquor is consumed. When the pasty comes out of the oven, lift up the lid, and pour in the gravy.

*To make a mock VENISON PASTY.*

Take a fat large loin of mutton, and let it hang in an airy place four or five days ; then bone it, and leave the meat as whole as you can : lay it for twenty four hours in half a pint of red wine, a quarter of a pint of vinegar, and a quarter of a pint of water, mixt together ; then take it out, and make it into a pasty, in the same manner as above. Likewise boil the bones in the same manner, to make gravy to fill the pasty, when it comes out of the oven.

*To make HAM-PIE.*

Cut cold boiled ham into slices, about half an inch thick, put a good thick crust into the dish, and then place in it a layer of ham : shake a little pepper over it, and then a young fowl picked and singed, with a little pepper and salt in its belly, and the out side rubb'd with salt : lay this on the ham, with the yolks of eggs hard boiled ; afterwards

wards cover the whole with ham, and lay on the upper crust made of puff paste. When it is well baked, take it off, and fill the pie with good hot beef-gravy ; lay on the crust again, and send it to the table.

*To make a GOOSE-PIE.*

Take paste made for a standing pie, and raise the sides, taking care there is room enough to hold a large goose ; bone the goose, and likewise a large fowl, then season them, with the following mixture, *viz.* a quarter of an ounce of beaten mace, a large tea spoonful of beaten pepper, and three tea-spoonfuls of salt ; then put the fowl in the goose, and a pickled tongue in the fowl, with the root cut off, and boiled long enough to peel : put them into the crust, with half a pound of butter on the top, and then lay on the lid. If this pie is well baked, it will keep a great while.

*To make a GIBLET-PIE.*

Put two pair of giblets well cleaned into a saucepan, with two quarts of water, but keep out the livers ; likewise put in a large onion, a bundle of sweet herbs, twenty whole pepper corns, and three blades of mace ; cover them close, and stew them gently till they are tender : then lay a fine rump steak, season'd with pepper and salt, into a dish, cover'd with a good crust ; lay the giblets over the steak with the livers, and then pour in the liquor the giblets were stew'd in, after it has been strained ; lay on the lid, and bake it for an hour and a half.

*To make a DUCK-PIE.*

Take a couple of ducks scalded and well cleaned, with the pinions, heads, necks, livers, hearts, and gizzards,



gizzards, but cut off the feet ; pick out the fat of the inside, and season them with pepper and salt within and without : lay them in a dish covered with puff-paste, and place the giblets at each end ; pour in as much water as will almost fill the pie, lay on the lid, and bake it moderately.

*To make a PIGEON-PIE.*

After the pigeons have been well picked and cleaned, season them with salt, and put a bit of butter, with pepper and salt into their bellies ; then lay them in a dish covered with puff-paste, and place the gizzards, livers, pinions, necks, and hearts between, with a beef steak, and the yolk of a hard egg, in the middle : then pour in as much water as will almost fill the pie, lay on the lid, and bake it well.

*To make an EEL-PIE.*

After the eels have been well cleaned, cut them into pieces, about half the length of one finger, and season them with pepper, salt, and a little beaten mace ; cover a dish with good crust, and lay in the eels, with as much water as the dish will well hold ; put on the lid, and bake it well.

*To make a HERRING PIE.*

Clean the herrings well, and cut off the heads, fins, and tails ; then season them with pepper, mace, and salt ; cover a dish with good crust, and lay a little butter at the bottom : then lay a row of herrings over it, and cover them with slices of apples cut thin : over these again lay slices of onions cut pretty thick : this done, put a little butter at the top, pour in a little water, lay on the lid, and bake it well.

*To make a SALMON-PIE.*

Take a piece of fresh salmon, and season it with nutmeg, mace, and salt; cover a dish with a good crust, and lay a bit of butter at the bottom; chop the flesh of a lobster small, and mix it well with good melted butter; pour the mixture over the salmon, lay on the lid, and bake it well.

*To make a SALT FISH-PIE.*

Lay the side of a salt-fish in water all night; in the morning put it over the fire in a stew-pan of water, and boil it till it is tender; then take it up, strip off all the skin, and clear the meat from the bones; afterwards mince it small, and mix it with the crumb of two french rolls boiled in a quart of new milk; the bread must be first broken small with a spoon, and then add the fish, with a pound of melted butter, two spoonfuls of minced parsley, half a nutmeg grated, three tea-spoonfuls of mustard, and a little beaten pepper; mix them well together, and lay them in a dish covered with a good crust; lay on the lid, and bake it for an hour.

*To make a POTATOE-PIE.*

Make a good crust, and cover the bottom of a dish, on which lay half a pound of butter; then lay in three pounds of potatoes, after they have been boiled and peeled; grate a small nutmeg all over them, as also a tea-spoonful of pepper, and sprinkle on three tea-spoonfuls of salt: then take six hard eggs, chop them fine, and strew all over the top; then pour in half a pint of white wine, and lay on the lid. Bake it till the crust is enough.

*To make an ARTICHOKE-PIE.*

Lay a good puff-paste crust all over the bottom of a dish, and cover it with a quarter of a pound of butter; over this lay a row of boiled artichoke bottoms; then strew a little mace, pepper, and salt over them; afterwards lay on another row, and strew on more spice: This done, lay on another quarter of a pound of butter, in little bits; likewise take half an ounce of truffles and morels, and boil them in a quarter of a pint of water; pour the water into the pie, and cut the truffles and morels very small, and throw over the pie: take the yolks of twelve hard eggs, and place them over all; then pour in a gill of white wine, lay the lid on, and bake it till the crust is enough.

*To make an APPLE-PIE.*

Lay some good puff-paste round the sides of the dish, and then lay in a row of apples, pared, quartered, and deprived of the cores: afterwards throw in half the quantity of the sugar which you design for the whole pie: this done, mince a little lemon-peel, and throw over the apples; likewise squeeze in a little of the juice of a lemon; then put in a clove here and there, with the rest of the apples, and the remainder of the sugar; boil the peeling of the apples, and the cores, in water, with a blade of mace, for some time; then strain off the liquor, and boil it to a syrup, with a little sugar; pour it into the pie, lay on the lid, and bake it: some quince, or a little marmalade of quinces, may be added, if you think proper. When it comes out of the oven, take off the lid, and butter the apples; then cut the lid into little three corner'd pieces, and stick about the pie.

*To make a PEAR-PIE.*

This is made in the same manner as the apple-pie ; but there must be no quinces. When it is baked, butter it, and stick in the lid as above.

*To make a CHERRY-PIE.*

Make a good crust, and lay a little of it round the side of the dish ; then strew a little sugar at the bottom, and lay in the cherries, with sugar ; at the top : this done, lay on the lid, and bake the pie in a slack oven. Some mix red currants with the cherries.

*To make GOOSEBERRY, CURRANT, and PLUM-PIES.*

These are made exactly in the same manner as the cherry-pie ; but if you would have the gooseberries look red, the pie must stand a good while in the oven, after the bread is drawn.

*To make MINCE-PIES.*

Take three pounds of suet, chopt very small ; two pounds of currants, well cleaned and dried at the fire ; as many raisins stoned and chopt fine ; fifty golden pippins pared, cored, and chopt small ; half a pound of loaf sugar made into powder, a quarter of an ounce of mace, a quarter of an ounce of cloves, and two large nutmegs, all beaten to fine powder : put all these in a large pan, pour in half a pint of sack, half a pint of brandy, and mix them well together. You may keep this mixture for some months. When you intend to make the pies, take a dish, a little larger than a soup-plate, and lay a thin crust all over it ; then put in a thin layer of minced meat, over this a layer of

of Seville-oranges cut very thin ; next a layer of minced meat, and over that orange-peel cut thin : lay a little minced meat upon this, and squeeze in the juice of a Seville orange or lemon, pouring in three spoonfuls of red wine : lay on the lid, and let the pie be carefully baked. Some choose meat in these pies, and then a neats tongue, will be proper ; which must be parboiled, peeled, and chopped, or else take two pounds of the inside of a loin of beef boiled. When made fine, they must be mixt with the rest. Some likewise make their mince pies in patty pans.

*To make MINCE-PIES with eggs.*

Boil six eggs till they are hard, and chop them small, twelve golden pippins, pared and chopt small, a pound of raisins of the sun chopt small, a pound of currants well cleaned, a large spoonful of loaf sugar in powder, two ounces of candied orange-peel, cut fine ; a quarter of an ounce of cloves and mace, a large nutmeg, all beaten fine ; mix all together with a gill of brandy and a gill of sack ; put the mixture into a dish, with a good crust ; squeeze in a Seville orange, and pour in a glass of wine ; lay on the lid, and bake it in a slack oven.

*To make APPLE, PEAR, and APRICOT-TARTS.*

Pare the apples and pears ; cut them into quarters, and take out the cores ; cut the quarters in two, and set them in a sauce-pan over the fire, with water just enough to cover them ; let them simmer till the fruit is tender, and then add a good piece of lemon-peel : afterwards take patty-pans, buttered all over, and a thin crust laid on the inside, lay in a little sugar at the bottom, then the fruit, and afterwards a little sugar at the top, a tea-spoon-

ful of lemon juice, and three spoonfuls of the liquor they were boiled in ; lay on the lid, and bake them in a slack oven. Put no lemon juice in apricot-tarts.

*To make* CHERRY, RASBERRY, *and* PLUM-TARTS.

Butter the patty-pans, and put a thin crust over them ; then lay a little fine sugar at the bottom, the fruit upon that, and a little sugar on the top ; lay on the lids, and bake them in a slack oven.

*To make* TARTS *of preserved fruit.*

Butter the patty pans, cover it with a thin crust, and lay in the fruit ; then bake the tarts as light as possible ; or make the second crust for tarts, with sugar, and roll it as thin as a half-penny ; then butter the patty pans, and lay some over it : make the crust hollow to lay on the top. There must be an open part, to see the fruit through. Then bake this crust in a slack oven, till it is crisp, but not to discolour it : when the crust is cold, take it out of the patty-pan, and fill it with what fruit you please ; lay on the lid, and the tart is done.



## *To make* PUDDINGS, DUMPLINGS, BLACK-PUDDINGS, *and* SAUSAGES.

*A general Rule to be observed in boiling* PUDDINGS.

**N**EVER put the pudding into the pot till the water boils, and when it is boiled enough, just dip it in a pan of cold water, and it will cause the pudding to come out clean, without sticking to the cloth.

*To*

*To make a FLOUR-PUDDING.*

Take four eggs without the whites and four with, mix them with a quarter of a pint of milk, and stir in four large spoonfuls of flour, and beat them well together ; then boil six bitter almonds in two spoonfuls of water ; pour the water into the mixture, blanch the almonds, and beat them in a mortar, with half a nutmeg, and a tea-spoonful of salt ; add this to the mixture likewise, and then pour in a pint and three quarters of milk : flour your cloth well, put in the batter, and let it boil an hour.

*To make a boiled SUET-PUDDING.*

Take a pint of milk, and four eggs : beat them well together, and mix them with flour till the batter is very thick. Then take a pint more of milk, a pound of suet shredded small, two tea-spoonfuls of ginger, and a tea-spoonful of salt : stir them together, and if the batter is not pretty thick, add more flour. Boil the pudding two hours.

*To make a BATTER-PUDDING.*

Take six eggs, three with the whites, and three without ; beat them up, and mix them with a quarter of a pint of milk, six spoonfuls of flour, a tea-spoonful of grated ginger, and a tea-spoonful of salt ; mix them all together, and add a pint and three quarters of milk : stir them well, put the batter into a cloth, boil it for an hour and a quarter, then take it up, and pour melted butter over it.

*A BATTER-PUDDING without eggs.*

Take a quart of milk, and mix six spoonfuls of flour with a quarter of a pint of it ; then add two

tea-spoonfuls of grated ginger, two of tincture of saffron, and one of salt; then mix them with the rest of the milk, put the batter in a cloth, and boil it for an hour. This pudding may be mixt with fruit at pleasure.

*To make a BREAD-PUDDING.*

Take all the crumb of a penny-loaf, obtained by cutting off the crust, slice it thin into a quart of new milk, set it over a chaffing-dish of coals, till the bread has soaked up all the milk; then put in a piece of butter, stir it about, and let the mixture stand till it is cold; or, which is as well, boil the milk, and pour it over the bread; then take six eggs, three with the whites, and three without, and beat them up, with a little rose-water and nutmeg, as also a little salt, and, if you like it, some sugar; mix all together, and boil the batter in a cloth for half an hour.

*To make an ordinary BREAD-PUDDING.*

Take two stale half penny rolls, and grate them, then pour over them a pint of milk boiling hot; then take a little melted butter, two eggs, and a little salt; beat them well together, and mix them with the bread and milk; boil the batter for half an hour in a cloth, then put the pudding into a dish, with melted butter and sugar.

*To make a BREAD-PUDDING for baking.*

Take the crumb of a penny loaf, and as much flour; add a sufficient quantity of milk to bring them to a proper thicknes; then mix in four eggs, a tea-spoonful of ginger, with as much sugar and salt as shall be thought necessary; afterwards put in half a pound of stoned raisins, and half a pound of currants well cleaned; pour the batter into a buttered dish, and bake it.



*To boil a Loaf to resemble a PUDDING.*

Pour half a pint of milk over a penny loaf, and let it stand covered up, till it has soaked up all the milk; then tie it in a cloth, and let it boil for a quarter of an hour. This done, lay it in the dish, pour melted butter upon it, and strew sugar all over it. A French roll eats very well boiled in this manner.

*To make boiled PLUMB-PUDDING.*

To a pint of milk, add a pound of flour, the crumb of a penny loaf grated, a pound of suet chopt, a pound of raisins stoned, a pound of currants, eight eggs, half a nutmeg grated, a tea-spoonful of beaten ginger, and a little salt. First beat the eggs with the milk, then stir in the flour and bread by degrees; then the suet, spice, and fruit. It will require the addition of more milk; but then the batter must be kept thick. This pudding must be boiled five hours.

*To make an agreeable PLUMB-PUDDING.*

Take eight eggs, four with the whites, and four without; beat them up, and mix them with a pint of milk; then stir in a pound of grated bread, and a pound of flour; as also a pound of raisins stoned, a pound of currants well cleaned, half a pound of sugar, and a little grated ginger; mix them well together, and you may either boil or bake it. If you bake it, it will take up three quarters of an hour.

*To make a bak'd PUDDING.*

Boil a quart of milk, a little, with three bay-leaves; then take the leaves out, and with flour make a hasty-pudding, adding a little salt to give it

it a relish. When it is pretty thick, take it off the fire, and stir in half a pound of butter, a quarter of a pound of sugar, twelve eggs, six with the whites, and six without : stir all together, and pour the mixture into a dish covered with puff-paste. Half an hour will bake it.

*To make a MARROW-PUDDING.*

Mix a quart of cream with three Naples biscuits, ten eggs well beaten, half with the whites, and half without, a grated nutmeg, and sugar enough to sweeten the whole : put a bit of butter at the bottom of the sauce-pan, and then pour in the mixture, setting it over the fire, and keep it stirring till it is pretty thick. Afterwards add a quarter of a pound of currants plump'd in hot water, and pour it into an earthen pan. The next, lay some fine paste at the bottom of a dish, and round the edges ; pour in the mixture, and lay long pieces of marrow on the top ; set it immediately into the oven, and bake it for half an hour.

*To make a STEAK or PIDGEON-PUDDING.*

Take a quarter of a peck of flour, two pounds of suet, a little salt, and cold water enough to make a stiff paste ; roll it out, and put in beef-steaks, or mutton, or pidgeons, seasoned with pepper and salt ; turn up the sides, close the top, and put it into boiling water. If you make your pudding very large, it will take five hours boiling, and so in proportion.

*To boil a CUSTARD-PUDDING.*

Take a pint of cream, of which take three spoonfuls and mix with a spoonful of flour ; set the rest  
over

over the fire, and when it boils take it off, and stir in the cold cream and flour. When it is cold, mix it with five yolks of eggs and two whites beaten up. Stir in a little nutmeg, salt, and two or three spoonfuls of sack, with sugar to your liking. Butter a wooden bowl and put the mixture into it, tying a cloth over it, and boil it half an hour.

*To make a RICE-PUDDING.*

Tie half a pound of raisins, stoned, and a quarter of a pound of rice together in a cloth. Allow a great deal of room for the rice to swell, and boil it for two hours. Then take it up and put it in a dish, with melted butter, sugar, and a little nutmeg.

*To make a plain RICE-PUDDING.*

Tie a quarter of a pound of rice in a cloth, and allow room for it to swell; let it boil an hour, then take it up and untie it, and stir in a quarter of a pound of butter with a spoon; grate in some nutmeg, add a little sugar, tie it close up again, and let it boil another hour. This done, take it up, put it in a dish, and pour melted butter over it.

*To make a baked RICE-PUDDING.*

Put half a pound of rice into three quarts of milk, with half a pound of sugar, and a little grated nutmeg. Then break in half a pound of fresh butter; pour the mixture into a butter'd dish, and bake it.

*Another baked RICE-PUDDING.*

Boil a pound of rice till it is tender, and drain off as much of the water as you can, without squeezing. Then stir in a good piece of butter, with what sugar you please. Grate in a small nutmeg,  
and

and pour the mixture into a butter'd dish, and bake it.

*To make a MUTTON-PUDDING.*

Take some mutton chops cut thin; season them with pepper and salt, and put them into a thick crust, made with good dripping, or mutton-suet shredded fine; close it up, put it in a cloth, and boil it for two or three hours, according to the bigness.

The same kind of pudding may be made with lamb, beef, or pork.

*To make a rich baked RICE-PUDDING.*

Put a quarter of a pound of rice into a saucepan, with a quart of new milk and a stick of cinnamon; set it over the fire, and stir it often. When it is boiled thick, throw in a quarter of a pound of fresh butter, and stir them together. Grate in half a nutmeg; add three or four spoonfuls of rose-water, and mix them well. Sweeten the whole to your liking, and let it stand to cool. Then beat up eight eggs, four with the whites, and four without. Add these to the rest, and put in a few currants, and sweet-meats. Pour the mixture into a butter-dish, and bake it.

*To make a YORKSHIRE-PUDDING.*

Make a thick batter with a quart of milk, four eggs, a little salt, and a sufficient quantity of flour. Then take a stew-pan with some dripping, and when the dripping boils pour in the batter. Keep it on the fire till the pudding is baked near enough; then turn a plate upside down in the dripping-pan, which is set under a good piece of meat, while it is roasting, in such a manner, that the meat may drip upon it; and at the same time it must be near  
enough

enough the fire to be finely brown'd. When the meat is done, drain as much of the fat as you can from the pudding, and set it on the fire again to dry a little; slide it into a dish, and put a cup with melted butter on the middle of the pudding.

*To make a QUAKING-PUDDING.*

Take six eggs, three with the whites, and three without; beat them up and mix them with a pint of cream; add a little rose-water, grated nutmeg, and salt; then grate in the crumb of a halfpenny roll, and stir them together. Take a cloth, flour it, and pour in the mixture, tie the cloth up, but not too close, and let it boil quick for half an hour.

*To make an ORANGE-PUDDING.*

Cut off the outside peel of two Seville oranges, without any of the white; and put them into a mortar and beat them to a paste. Then take the yolks of sixteen eggs, and beat them up; mix them with half a pound of fresh butter melted, half a pound of white sugar, a little rose-water, and nutmeg. Mix these together by little and little till they are all well united: then pour them into a dish, with puff-paste laid all over it, and round the rim. Afterwards send it to be baked.

*Another ORANGE PUDDING:*

Take the yolks of sixteen eggs, beat them well, and mix them with half a pound of melted butter. Then grate in the outside rind of two Seville oranges, and add half a pound of fine sugar, half a pint of cream, two Naples biscuits, or the crumb of a halfpenny roll, soaked in the cream, a gill of sack, two spoonfuls of rose-water, as much orange-flour-water, and mix them well together. Afterwards  
make

make a puff-paste, lay it all over the dish and round the rim ; pour the pudding over this and bake it.

*To make a POTATOE-PUDDING.*

Boil two pound of potatoes till they are enough, peel them, and mash them well with the back of a spoon till they are fine. Then take six eggs, half a pound of fresh butter melted, and half a pound of fine sugar. Beat these well together, and mix them with the potatoes, adding a glass of sack or brandy. Lay some puff paste in the bottom, and round the sides of the dish ; pour in the pudding and bake it.

*To make a CARROT-PUDDING.*

Soak the crumb of two penny loaves in a quart of boiling milk ; and when it is cold, grate in two large carrots, and a little nutmeg, adding sugar enough to sweeten it. Then beat up eight eggs, and mix them with three quarters of a pound a pound of fresh butter melted ; stir them well together, and put them into a dish covered with puff-paste. It will require an hour's time to bake it.

*To make an APPLE-PUDDING.*

When you have made a good puff-paste, roll it out about an inch thick, and put in apples, pared and cored, enough to fill the crust ; then close it up, put it in a cloth, and boil it. If the pudding is small, it will take two hours ; if large, three or four to boil it. After it is done, cut a piece of crust out of the top, and put in what butter and sugar you shall think necessary. Lay on the crust again, and send it to the table.

In the same manner you may make puddings of goosberries, currants, cherries, damsons, or apricots.

*To make a PEASE-PUDDING.*

Tie some pease up in a cloth, and boil them till they are quite tender. Then untie them, stir in a good piece of butter, a good deal of beaten pepper, and a little salt. Tie them up tight again, and let them boil for half an hour longer.

*To make YEAST-DUMPLINGS.*

Take flour, yeast, salt, and water, and make them into a light dough, in the same manner as for bread; cover it with a cloth, and set it for half an hour before the fire. Then make it into round balls of the size of a goose-egg, and flat them. Put them into a saucepan of boiling water, and keep it boiling constantly. They will be done in a quarter of an hour. Then take them up and lay them in a dish with melted butter. If you can have the dough ready made at a baker's it will save trouble.

*To make HARD-DUMPLINGS.*

Make a paste with flour, water, and a little salt; form them into balls of the size of a turkey's egg, and flat them. Roll them in flour and throw them into boiling water, and keep them in half an hour. Some may be mixt with a few currants. They will relish best when boiled with a piece of beef.

*Another way to make HARD-DUMPLINGS.*

Rub a good piece of butter into some flour, and make a paste as if for pye-crust. Make them up and boil them as above.

*To make SUET-DUMPLINGS.*

Grate the crumb of a twopenny-loaf, and mix it with as much beef-suet finely shredded; adding two eggs beaten up with two spoonfuls of sack, a nutmeg grated, a large spoonful of sugar, and a little salt. Mix them all well together, and make the dumplings of the size of a turkey's egg; flat them and throw them into boiling water. The sauce may be melted butter with a little sack; throw sugar over the whole.

*To make SUET-DUMPLINGS with currants.*

Take half a pint of milk, and mix it with flour enough to make a thick batter; then beat in four eggs, with three tea-spoonfuls of ginger, and two of salt. Then mix a pound of suet and a pound of currants, with another half pint of milk, and add it to the batter by degrees. This done, put in more flour, to make it like a thick paste; break it into pieces as big as a turkey's egg, roll them in flour, flat them, and throw them into boiling water for half an hour.

*To make APPLE-DUMPLINGS.*

Pare large apples, cut them in quarters, and take out the cores; join every one together again, and wrap them separately in good puff-paste, making them round like a ball, with a little flour in your hand. Dip cloths in boiling water, throw a little flour over them, and tie up each dumpling by itself. Put them into boiling water for little more than half an hour, and they will be done. If they are very large, they will take an hour. Then lay them in a dish, throw fine sugar over them, and send



send them to the table, with melted butter in a cup, and fine sugar in a faucer.

*To make BLACK-PUDDINGS.*

Take a peck of groats, and boil them in water for half an hour; then drain them and put them in a large pan; this done, take two quarts of the blood of a hog just killed, and keep it stirring till it is quite cold; then mix it with the groats and stir them well together. Then take equal quantities of nutmegs, mace, and cloves, beaten into powder; take an ounce of it, with a large spoonful of salt, and throw into the mixture. Take likewise some penny-royal stripped off the stalks, a little savory, sweet-marjoram, and thyme, enough to give them a flavour and no more: Mix them well, and the next day take the leaf of the hog and cut it into dice; then take the guts of the hog, scrape them and wash them clean; tie them at one end and begin to fill them, mixing in the fat at the same time. Fill the skins three parts full, and tie the upper end. Then tie them into puddings of any length, prick them with a pin, and throw them into boiling water; let them boil gently for an hour, then take them out and lay them in clean straw.

*To make white HOGS-PUDDINGS.*

Take four pounds of beef-suet, three pounds of grated bread, two pounds of currants well cleaned, a pound and a half of sugar, a quart of cream, a pint of sack, twenty eggs, half with the whites and half without, well beaten up, cinnamon, cloves, and mace beaten into a fine powder, of each a quarter of an ounce, a little rose-water, and a little salt. Mix all these well together, and fill the guts of a proper length, half full; tie them up, boil them a little, and prick them as they boil, other-

wife they will burst the guts. Take them up, lay them on clean cloths, and then into the dish. Or if they lie till they are cold, they may be boiled a few minutes at the time of using.

*To make SAUSAGES.*

Take three pounds of good fat pork, freed from the skin and gristles ; chop both fat and lean together very fine ; season it with two tea-spoonfuls of salt, one of pepper, and three of sage shredded fine. Put the meat into guts carefully cleaned ; or put it down in a pot, and when you use it make it into rolls like sausages, and fry them. You make sausages of beef in the same manner.

*To make BOLOGNA-SAUSAGES.*

Take beef, pork, bacon, veal, and beef-suet, of each a pound, and chop them very fine. As also a small handful of the leaves of sage, well chopt, with a few sweet-herbs. Season the meat well with pepper and salt ; and then fill a large gut with it ready prepared. When you put it into boiling water, prick it here and there, to prevent the bursting of the gut. After it has been boiled gently for an hour, take it out and lay it on a dry cloth. It must be always kept dry.

*To make a HASTY-PUDDING with flour.*

Boil four bay-leaves in a quart of milk for a short time ; then take them out, and throw in a little salt. This done, take flour in one hand, and a spoon in the other, and as you put the flour in, stir it about ; repeat this till the mixture is of a proper thickness ; let it boil a little, keeping it stirring all the time. When it is done, pour it into a dish, sticking butter here and there. Some put in two yolks

yolks of eggs, beaten up with two or three spoonfuls of milk; and mix it with the milk before the flour is put in.

*To make a HASTY-PUDDING with Oatmeal.*

Boil a quart of water with a piece of butter and a little salt; then stir in the oatmeal in the same manner as you did the flour, to make the former pudding, till it is of a good thickness. When it has boiled a few minutes pour it into a dish, and stick pieces of butter here and there.

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*To make PANCAKES, FRITTERS, FROISES and TANSIES.*

*To make PANCAKES.*

**M**IX some flour with a little water, and then beat six or eight eggs into a quart of milk; stir them well together, and if the batter is not thick enough, add more flour. This done, mix in two tea-spoonfuls of ginger, a glass of brandy, and a little salt. Put a bit of butter into a frying-pan, or stew-pan, and when it is melted, a ladle-full of batter, taking care to move the pan so as to make it cover the bottom. When it is done on one side toss it on the other, or turn it in the best manner you can. Fry the other side, and slide it into a dish lying before the fire. Proceed in the same manner to make the rest. Send them to the table with sugar strewed over them.

*To make PANCAKES of a finer sort.*

Take eight eggs, and beat them well into a pint of cream; then mix it with half a pound of good fresh butter melted, a grated nutmeg, and a little salt. This done, stir in flour enough to make a thin batter. Make it into pancakes as before, and turn them on the back of a plate. They must fry no longer than just to give them a colour.

*To make RICE-PANCAKES.*

Take three spoonfuls of the flour of rice, and mix it with a quart of cream, keeping it stirring over a slow fire till the mixture is as thick as pap. To this add half a pound of melted butter, and a grated nutmeg. When they are well stirred together, pour them into an earthen pan, and let them cool. Afterwards add three or four spoonfuls of flour, nine eggs well beaten, some sugar, and a little salt. When the batter is made, fry them as above.

*To make APPLE-FRITTERS.*

Take golden-pippins, or other well tasted apples; pare, core, and chop them small; then mix some fine flour with a quart of new milk, to make it of a moderate thickness. Add six or eight eggs, a quarter of a pint of sack, a glass of brandy, with a little nutmeg, mace, and salt. This done, stir in a good quantity of the chopt apples, and the batter is done. Put a little butter in the pan, and drop in one spoonful of the batter after another, till the bottom is covered; but take care they don't run into one another, or stick together. Turn them with an egg-slice, and fry them as dry as you can.

*To make APPLE-FROISES.*

Take large apples, pare and cut them into thick slices; then fry them brown, and drain out the fat. This done, take five eggs and beat them up with cream, flour, a little sack, nutmeg, and sugar; making the batter as thick as that for pancakes. Put butter into the pan, and when it is hot drop in a little batter, in the same manner as to make fritters. Lay a slice of apple upon each, and then cover them with more batter. Fry them till they are of a light brown; then take them up, and strew some double refined sugar over them.

*To make a TANSEY.*

Grate the crumb of a halfpenny roll, and mix it with half a pint of milk or cream. Then add twelve eggs, with as much juice of tansey and spinage mixt together, as will make the whole of a fine green. Throw in some sugar, a small nutmeg grated, and a little salt, with two or three spoonfuls of rose-water; stir them all together in a saucepan over the fire, till the mixture is as thick as hasty-pudding. Then butter a stew-pan and pour it in, and butter a dish to lay over it. When one side is enough, turn it on the dish, and flip the other side into the pan. When it is done, throw sugar all over it, and garnish with orange.



*To make* CUSTARDS, CHEESE-  
CAKES, CREAM, GEL-  
LIES, SYLLABUBS, *and*  
FLUMMERY.

*To make* CUSTARDS.

**B**EAT up eight eggs, and mix them well with a quart of new milk, sweetened with sugar. Pour the mixture into china cups or basons, or a deep china dish, and set them in boiling water; the water must not come above half way of the cups or basons. When they are enough take them out,

*To make baked* CUSTARDS.

Boil a little mace and cinnamon in a pint of cream; take them out, and beat four eggs into the cream, with only two of the whites; then add a little sack and rose-water, with sugar, and a little nutmeg; mix them well together, and bake them in china cups.

*To make* ALMOND-CUSTARDS.

Take a quarter of a pound of almonds, blanch them, beat them fine, mix them with a pint of cream, and two spoonfuls of rose-water; then beat in the yolks of four eggs, and set them over the fire in a sauce-pan till the mixture becomes thick; afterwards pour it into china cups.

*To make ALMOND-CHEESE-CAKES.*

Take five quarts of milk, hot from the cow, and mix it with a pint of cream; then put rennet to it, and just stir it about. When the curds appear put them into a linnen bag, and drain off the whey; beat the curds fine in a mortar, and mix them with half a pound of blanched almonds, beaten to a very fine powder; as also with half a pound of Naples biscuits, beaten to a powder. Add to these, nine yolks of eggs well beaten, half a pound of sugar, and a grated nutmeg. When they are mixed together, stir in a pound and a quarter of melted butter; cover patty-pans with puff-paste just made, pour in the mixture, and bake them for half an hour. You may add half a pound of currants to the mixture; and then they will be currant cheese-cakes. If you take half a pound of mackaroons, instead of the Naples biscuits, they will be mackaroon-cheese-cakes. If you add tincture of saffron, enough to give them a high colour, they are called saffron-cheese-cakes.

*To make LEMON-CHEESE-CAKES.*

Pare off the outside peel of two large lemons, boil it till it is tender, pound it well in a mortar, with a quarter of a pound of loaf sugar, half a pound of fresh butter, and the yolks of six eggs. When they are well mixt together, cover patty-pans with puff-paste, fill them half full, and bake them for half an hour.

*To make ORANGE-CHEESE-CAKES.*

Take the outside-peel of two oranges, and boil them in two or three waters, to take out the bitterness, and then proceed in the same manner as in making the lemon-cheese-cakes.

*To make a fine CREAM.*

Beat up four eggs in a pint of cream, and then add two spoonfuls of sack, a spoonful of rose-water, and a spoonful of orange-flour-water, sweeten the mixture with sugar, and put it in a sauce-pan over the fire; stir it one way till it is thick, and then pour it into china cups.

*To make WHIPT-CREAM.*

Beat the whites of eight eggs into a quart of cream, and half a pint of sack; sweeten the mixture with double-refined sugar, and whip it with a whisk that has lemon-peel tied in its middle; as the froth rises take it off with a spoon, and lay it in glasses.

*To make LEMON-CREAM.*

Take a pound of double-refined sugar reduced to fine powder, half a pint of water, the whites of seven eggs, and the yolk of one beaten up together, and the juice of four lemons; mix them all together, and strain the liquor; set it over a gentle fire, keeping it stirring all one way, and take off the scum; put in the peel of one lemon, and let it remain till it is quite hot; then take it out and pour it into china cups.

*To make RATIFIA-CREAM.*

Put six large laurel-leaves into a quart of cream, set it over the fire, and when it boils take out the leaves. Then beat up the yolks of five eggs with a little cold cream, and pour in the mixture, adding sugar enough to sweeten it. Set it over the fire again, and keep it stirring till it is hot, but don't let it boil. Then pour it into china cups.

*To*



*To make HARTSHORN GELLY.*

Take a sauce-pan that is well tin'd, put in three quarts of water, and half a pound of hartshorn shavings : set it over the fire, let it boil till the hartshorn is dissolved, and till it hangs to the spoon when a little of it is taken out ; strain the liquor while it is hot, and return it into the sauce-pan again, with a pint of Rhenish-wine, and a quarter of a pound of loaf sugar : beat the whites of five eggs, with a whisk up to a froth, and stir them into the gelly, by little and little, with a spoon, in the same manner as if you were taking up liquor to cool it ; let it boil three minutes, and then add the juice of four lemons ; let it boil again a minute or two longer, and when it is of a fine white, and looks curdled, pour it into a bag made of swan-skin, and hold over a China basin ; when it has past through, pour it back again, repeating the same till it is as fine as rock-water : let it run the last time into a basin that is quite clean, and with a spoon fill your glasses ; when you have used half the gelly, throw some of the outside lemon-peel into the basin to the rest ; fill the rest of the glasses with this, and they will be of a fine amber colour. The quantity of sugar is too little for most palates, and some dislike so much lemon.

*To make CALVES-FEET GELLY.*

Take two calves feet, and boil them in a gallon of water to a quart ; when it is cold, skim off the fat from the top, and take the gelly off clean from settling at the bottom : put the gelly into a sauce-pan, with a pint of mountain wine, half a pound of loaf sugar, the juice of four lemons, and the white of seven eggs beaten up to a froth with a whisk ;

whisk ; stir them all together, and let the mixture boil for a few minutes : pour it into a large swan-skin bag, and make it run quick into a bason, which repeat till it runs clear. Lastly, let it run into a china bason, in which is placed the yellow part of lemon-peel, which will give it a fine colour ; then with a clean spoon fill your glasses.

*To make CURRANT-GELLY.*

Take red currants freed from the stalks, and put them into an stone-ware-pan ; set it half way into a kettle of boiling water, and let it boil half an hour, pour the currants into a coarse hair sieve, to strain out the juice ; put it into a stone-ware-pipkin over the fire, with a pound of sugar to each pint of juice. Let the fire be quick, and keep the liquor stirring till the sugar is melted ; taking off the scum as it rises : when it is clear and fine, pour it into glasses, and cover them with paper. Some direct this to be done in a bell-metal skillet ; but this is a pernicious practice, for all acids will corrode brass, and render the composition unwholesome. The same may be said of all other metals, for they will yield a disagreeable taste, though no bad consequence should result from them : even the glazing of earthen-pans has been dissolved by acids. Now, as this glazing is made of lead, it is no wonder that many have felt the bad effect of this practice : therefore, in all compositions wherein acid juices, acid wines, or salts, are used, the pipkin should be made of stone, and the stone-ware made in Staffordshire is undoubtedly the best.

*To make a SYLLABUB with milk from the Cow.*

Take cyder, make it pretty sweet, and grate in some nutmeg ; milk the cow into this liquor, and then

then pour over it half a pint, or a pint of cream, according to the quantity : if you would make it at home, put new milk into a large clean coffee-pot, and make it about as warm as when just milk'd ; hold the coffee-pot high, and pour it out of the spout into the cyder.

*To make whipt SYLLABUBS.*

Take half a pint of milk, and squeeze two lemons or oranges into it ; when the curd is hard, pour off the whey, and sweeten it with sugar ; pour some of this into the bottom of each glass you intend to put the syllabub in ; then take a quart of good cream, half a pound of double refined sugar, half a pint of sack, the juice of two lemons, or Seville oranges, and the grated peels of two lemons ; put them together in a broad earthen-pan, and whip them well with a whisk : as the froth rises, take it off with a spoon, and lay it in your glasses till they are quite full. If you want to colour them, you may add saffron, or cochineal, or the juice of spinage. They will not keep long.

*To make FLUMMERY.*

Put oatmeal into a broad deep earthen-pan, with a good deal of water ; stir them together, and let them stand twelve hours ; pour off the clear water, and add fresh stirring them about ; at the end of twelve hours, pour this carefully off, and add more : perform the same once again, and then strain the oatmeal through a coarse hair-sieve ; put it into a sauce-pan, and stir it about with a clean stick till it boils, and becomes thick ; then pour it into basons or small dishes. When it is cold, it is fit for eating with milk, or wine and sugar, or cyder and sugar.

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*To make* MUFFINS, BREAD,  
GINGER-BREAD, CAKES,  
*and* BISCUITS.

*To make* MUFFINS.

**T**HE baking of muffins requires a round piece of cast iron, called a bake-stone, smooth on the outside, and placed in bricks just like a copper: these are very common in the north of England, where they live much on flat broad oat-cakes. Some private families have a particular contrivance to place them over a kitchen fire. When you have this conveniency to bake the muffins, take a pint and a half of good ale-yeast, or barm, and pour water upon it; let them stand a night, and pour off the water clear the next day: then put the yeast into two gallons of water only milk-warm, with two ounces of salt, and stir them together for some time; put this into a bushel of fine wheat flour laid in a trough, and make it into light-dough: let it lie an hour, and it will rise and swell; then take a piece of a proper size, make it round, roll it in flour, flat them with a rolling-pin, and lay it on the table, under a piece of flannel. That the iron may be heated all alike, put a brick in the middle of the fire, otherwise the middle of the stone will be too hot. Lay on the muffins, and when one side changes colour a little, turn the other. Take care they don't burn, nor become too brown. When you use the muffins, toast them crisp on both sides, then pull them open with your hand, and they will appear like a honey-comb; lay on

a piece of butter, and clap the sides together again, setting them by the fire. When the butter is melted, turn them upside down : never use a knife.

*To make OAT-CAKES.*

These are made exactly in the same manner a muffins; only when they are made into round balls they must not be roll'd in flour, and then they will fall and spread of themselves. Likewise the wheat-flour must be mixt with a certain quantity of oat-meal. This give them the denomination of oat-cakes.

*To make FRENCH-ROLLS.*

When you are about to make the bread, take a pint and a half of good ale-yeast, that is not bitter; put a gallon of water to it over night, and the next day pour it off : mix this yeast with three quarts of water, and one of milk, which in the summer must be milk-warm, in the winter scalding hot : break a quarter of a pound of butter into it with your hand, and add a little salt : then beat up two eggs in a bason, and stir them all together till the butter is dissolved; mix this liquor with a peck and a half of flour, in the summer a little less, in the winter a little more. When the dough is well mixt, cover it with a cloth while the oven is heating, and then make it in rolls, and put them in a very quick oven; let them lie a quarter of an hour on one side, then turn the other, and then bake for another quarter of an hour : chip the outsides with a knife, which is better then rasping them.

*To make LIGHT-WIGS.*

Take half a pint of milk, mix it with a quarter of a pint of good ale-yeast, and a pound and a half  
of

of flour : cover the mixture up, and lay it by the fire for half an hour ; then take half a pound of butter, and half a pound of sugar, and work them into a paste with the rest ; make it into wigs with as little more flour as possible. Put them into a quick oven, and they will rise well.

*To make BUNS.*

Take a pint of good ale-yeast, mix it with a little sack, and three beaten eggs, with a little nutmeg and salt ; knead these with two pounds of fine flour, a little warm, and lay the composition before the fire till it rises light : then take a pound of fresh butter, and a pound of caraway comfits ; knead these all together, make buns, place them on floured paper, and bake them in a quick oven.

*To make little PLUMB-CAKES.*

Dry two pounds of flour in an oven, or before the fire, and mix it with six spoonfuls of cream, and four eggs beaten together ; to which add half a pound of butter washed in rose-water, half a pound of loaf sugar in powder, and half a pound of currants pick'd and rub'd very clean in a cloth. When these are well united together, make them into cakes, and put them into an oven hot enough to bake rolls : bake them till they are coloured on both sides, then take down the oven-lid, and let them soak.

*To make a POUND-CAKE.*

Take a pound of melted butter, and beat it in an earthen pan with your hand, or a large wooden spoon, all one way, till it appears like thick cream : then beat up twelve eggs, six with the whites, and six without, and mix them with the butter ; add to these, a pound of flour, a pound of sugar, and

a pound of caraways ; beat them together with a large wooden spoon for an hour, and pour the mixture into a buttered pan ; this done, bake it for an hour in a quick oven.

*To make a SEED-CAKE.*

Melt a pound and a half of butter in a sauce-pan, with a pint of new milk ; pour the mixture into half a peck of flour, with half a pint of good ale-yeast ; then work it up like paste, adding a pound of sugar, half an ounce of Jamaica pepper in powder, and an ounce and a half of caraways-seeds ; make this quantity into two cakes, and bake them for an hour and a half in a quick oven.

*To make a very good CAKE.*

Take twenty two eggs, and beat them up with a pint of ale-yeast ; pour this mixture into the middle of five pounds of flour, well dried, mixt with two pounds of chopt raisins, a pound of sugar, a quarter of a pint of sack, half an ounce of mace, and half an ounce of nutmeg beaten fine ; then take two pounds and a half of fresh butter, and a pint and a half of cream ; set them over the fire till the butter is melted, and when the mixture has stood till it is blood-warm, work it into the paste ; set it before the fire for an hour to rise ; afterwards mix in seven pounds of currants plump'd in half a pint of brandy, and three quarters of a pound of candied lemon and orange peel. This must be baked in a hoop for an hour and a quarter.

*To make an ICE for CAKE.*

Take a pound of double refined sugar, powdered and sifted fine, put it into an earthen pan, with the whites of twenty four eggs ; whip them well with a  
whisk

whisk for two or three hours, or till the mixture looks white and thick; then with a bunch of feathers spread all over the top and sides of the cake, and set it for an hour into a cool oven, to dry and harden it.

*To make GINGER-BREAD.*

Take two pounds of treacle, and set it over the fire, with three quarters of a pound of fine sugar; when it hot, for it is must not boil, melt in three quarters of a pound of butter, and add some candied lemon and orange peel cut fine: mix this with three quarts of fine flour, two ounces of beaten ginger, a quarter of an ounce of mace, cloves, and nutmeg, beaten together; when they are all united, make the paste into a cake, and set it in a quick oven to bake for an hour.

*To make GINGER-BREAD-NUTS, or CAKES.*

Take a pound of treacle, with a quarter of a pint of cream, and warm them together over the fire; to these add three pounds of flour, one pound of butter, one pound of sugar, two ounces of ginger beaten fine, and a large nutmeg grated; work all into a stiff paste, and if there is not flour enough, add more. Some add candied lemon and orange peel cut fine. Make them round like nuts, or roll it out thin, and cut it in cakes with a China-cup; lay them on thin plates, and bake them in a slack oven.

*To make SHREWSBURY-CAKES.*

Take four eggs, four spoonfuls of cream, and two spoonfuls of rose-water; beat them together, and mix them with two pounds of flour, and three quarters of a pound of loaf-sugar, beaten to a powder,



der, and finely sifted : work them together into a paste, make them into little thin cakes, which roll in a quarter of a pound of the like sugar, and bake them in a quick oven.

*To make MARCH-PAIN.*

Take a pound of almonds, and blanch them in cold water ; then beat them in a marble mortar, very fine, putting a little rose-water, to keep them from oiling : afterwards take a pound of loaf sugar in fine powder, and mix with the almonds, beating them together into a paste ; roll it, and form it into what shapes you please ; but dust a little fine sugar under them, to keep them from sticking. This done, dissolve double-refined sugar in as little rose-water as possible ; dip a feather in the solution, and spread it over your march-pain to ice it ; put wafer-paper under them, and white paper under that ; then put them in an oven that is not over hot, and bake them.

*To make BISCUITS.*

Take a pound of flour, and a pound of loaf sugar, finely powdered : mix them with six eggs, beaten up with a spoonful of sack, and a spoonful of rose water ; add the eggs by degrees, and then work in an ounce of coriander seeds : you may make them into any form, but it is usual to put them into tin moulds, covered with paper. Set them in an oven moderately hot, till they rise and come to a good colour.

*To make NAPLES-BISCUITS.*

Take sixteen eggs, and beat them well, which done, add two pounds of loaf sugar in fine powder, and one pound of flour ; beat them all together

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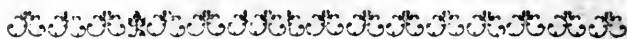
for two hours ; then butter your moulds and coffins, fill and bake them carefully.

*To make ALMOND BISCUITS.*

Take three quarters of a pound of blanched almonds, wash them in cold water, and then pound them fine in a mortar, with a little rose-water, to prevent their oiling : afterwards beat up the yolk of six, and the white of twelve eggs, for an hour, to which add three pounds of fine sugar, and three quarters of a pound of grated bread, or fine flour : make the whole into a paste ; make them into what shapes you please ; set them on tin plates, sift some sugar over them, and bake them.

*To make MACAROONS.*

Take a pound of blanched almonds, wash them in clean water, and then dry them in a cloth ; beat them in a mortar, with the white of an egg, till they are broke fine ; then add a pound of good powder sugar, beat them together with the whites of four eggs, and musk enough to give them a scent ; afterward take some out in a spoon, lay it on wafer paper, and make it of a round form : bake them on tin-plates in a slow oven.



## *Of POTTING and COLLARING.*

*To clarify BUTTER for Potting.*

**T**AKE any quantity of good fresh butter, lay it in a deep broad earthen pan before the fire to melt, and if any scum arises take it off ; then pour it into another pan, quite clear from the whey or butter

butter milk that sinks to the bottom. This precaution is absolutely necessary, otherwise it will not keep.

*The common way of potting TONGUES, BEEF,  
VENISON, and FOWLS.*

Take a tongue, beef, &c. after it has been boiled and is cold ; cut it small, and beat it in a marble mortar, with two anchovies and melted butter, till it comes to a paste ; then lay it down close in your pots, and cover it with clarified butter. You may season any sort of cold fowl, and put it into a pot whole ; cover it with butter in the same manner.

*A particular way to pot VENISON.*

Lay a piece of fat and lean venison in a broad earthen pan, and stick bits of butter all over it ; then cover the top with brown paper, tie it on, and bake it : when it is enough, take the venison out, lay it in a dish, and drain it ; when it is cold, take off the skin, but not the fat, and then cut it small ; put it in a marble-mortar, with a little of the butter it was baked in, and beat it till it comes to a paste, season it with mace, cloves, nutmeg, pepper, and salt ; then lay it done close in a pot, and cover it with clarified butter.

*To pot EELS.*

Take a large eel that is skin'd and very well clean'd, dry it in a cloth, and cut it into pieces as long as one's finger : then season it with mace, nutmeg, pepper, salt, and salt-petre, all in fine powder ; lay them in a pot, and cover them with clarified butter : bake it in a quick oven, for half an hour ; or till they are enough ; then take the pieces

out with a fork, and lay them on a coarse cloth to drain : when they are cold, season them again as before ; afterward take the butter they were baked in, clear from the gravy, of the fish, set it before the fire, and when it is melted, pour the clear butter over the eels.

*To pot LAMPREYS.*

After the lampreys are skinned, cleansed with salt, and wiped dry, season them with pepper, mace, and cloves beaten to powder, and mixt with salt ; lay them in a pan, cover them with clarified butter, and bake them for an hour ; then proceed in the same manner as in potting eels.

*To pot CHARS.*

Directions for potting chars are almost superfluous, for they are to be met with only in two places in the kingdom : however, when any fall into your hands, cut off the fins, tails, and heads, then lay them in long pans in rows, bake them, and proceed as in potting eels.

*To pot a PIKE.*

After the pike is scaled, cut off the head, and split it down the back quite in two ; then take out the back-bone, and the rest that join to it : this done, strew bay-salt and pepper on the inside ; lay the sides together, roll it round, and lay it in a pot ; cover the pot, and bake it for an hour : afterwards take it and drain it on a coarse cloth ; when it is cold, put it into the pot, and cover it with clarified butter.

*To pot TENCH, CARP, TROUT, and SALMON.*

Take a piece or pieces of any of these fish, of a proper size to lay in the pot, and when they are well cleaned and dry, season them with black pepper, Jamaica pepper, mace, and cloves beaten to a fine powder, and mixt with salt: they must be seasoned slightly first; then pour clarified butter over them, and bake them well; afterwards take them out, and lay them on a coarse cloth to drain: this done, season them well, lay them in the pot, and pour the butter over them, after it has been clarified afresh, by laying it before the fire.

*To pot a LOBSTER.*

Take a large lobster just boiled, and full of meat; break the claws, cut the tail, and take out the gut; pick the meat out of the body, and put it all together in a mortar; then beat it till it is fine, and season with nutmeg, mace, and pepper beaten to powder, and mixt with salt: beat them together again with a bit of butter as big as a walnut; when it is reduced to a paste, put it hard down in a pot, and cover it with clarified butter.

*To pot CHESHIRE-CHEESE.*

Put three pounds of good cheshire-cheese into a mortar, with half a pound of fine fresh butter: beat them together, and while they are pounding, add by little and little a quarter of a pint of rich canary, with half an ounce of mace made into a fine powder: when they are all intimately b'ended together, press the mixture down close in a pot, cover it with clarified butter, and keep it in a cool place,

*To collar BEEF.*

Strip the skin off a piece of thin flank-beef, and beat it with a rolling-pin ; then dissolve a quart of peter-salt (not salt-petre) in five quarts of pump-water ; strain it, and put the beef in, letting it lie for five days, turning it now and then : this done, take a quarter of an ounce of cloves, a large nutmeg, a little pepper and mace, beaten to fine powder, with a handful of thyme stript of the stalks ; blend them together, and strew this mixture all over the beef ; roll it up with the skin placed on the outside, and tie it close and hard with a piece of tape ; then pour a pint of claret into a pot, place the beef in it, and bake it with a batch of bread.

*To collar a BREAST of VEAL or MUTTON.*

Take out all the bones of the veal or mutton with a sharp knife, taking care not to cut the meat through ; pick all the fat and lean off the bones, and lay it bye ; then season the inside of the meat with nutmeg, pepper and mace, beaten to powder, and mixt with salt. To these add some sweet herbs, parsely, and a little lemon-peel, shred-ded small, with a few crumbs of bread, and the pickings of the bones : this done, roll it up tight, fasten it together with a skewer, and a pack thread tied round it ; put it on the spit, and if it be veal, place the caul on the outside : when it has been an hour at the fire, take off the caul, drudge the veal with flour, baste it with good butter, and roast it till it is of a fine brown : the sauce may be beef gravy, in which must be boiled truffles, morels, a few mushrooms, and two or thre artichoack-bottoms : to which add a spoonful of catchup, and a little salt ; cut the veal sweet-bread in four, and broil

broil it of a fine brown, with a few forced meat balls; lay these round the dish, set the meat upright in the middle, pour in the sauce, and garnish with lemon.

*Another way to collar a BREAST of VEAL.*

Bone it, and season it as before, adding the same herbs, with a little pennyroyal and sage: this done, roll it up like brawn, and bind it together close with a narrow tape, tying a cloth round it; then put equal quantities of vinegar and water into a pot, with a few whole cloves, pepper, mace, and a little salt: when the liquor boils, put in the collar, and let it remain till it is tender: when it is enough, take it up, pull off the cloth, put it in an earthen pan; let it stand till it is cold, and then pour the liquor over it; cover the pan close, and keep it for use.

*To collar EELS.*

Cut off the heads and tails of the eels, and then bone them; take grated nutmeg, pepper in powder, sage shredded fine, with salt; mix them together, and strow on the mixture; roll them hard up one by one, in little cloths, and secure them from slipping: this done, set some water over the fire, with a few whole cloves, blades of mace, a bay leaf or two, with a proper quantity of salt; then put in the bones, heads, and tails, and boil them well; afterwards take them out, and put in the eels: when they are tender, take them out, and let the liquor boil away till there is just enough left to cover them; put the eels in an earthen-pan, letting the cloths remain on till the time of use, and when the liquor is cold, pour it over them, covering the pan close.

## *Of PRESERVES, MARMALADES, and preparing FRUITS for various uses.*

### *To make MARMALADE of Quinces.*

**T**AKE three pints of the juice of quinces, clarified, and a pound of double-refined sugar; boil them together till they come to be of a proper consistence.

### *Another way to make MARMALADE of Quinces.*

Take four pounds of quinces after they are pared and cored; put them into a sufficient quantity of water, and boil them to a proper consistence. Then take three pounds of double-refin'd sugar, dissolve it in water, and boil it till it is of a due thickness, taking off the scum: mix these together, let them boil, and it is done.

### *MARMALADE-JELLY of Currants or Barberries.*

Take currants or barberries clean pickt from the stalks, and double-refin'd sugar, of each one pound; boil them together till they are of a due consistence.

### *To make CLARIFIED-SUGAR for preserving.*

Take three pound of loaf-sugar, put it in a pan with water enough to wet the sugar; set the pan over a charcoal fire, let it boil, and then put in twelve whites of eggs, strained from the treads, and beaten up into a froth. Cover the boiling sugar with this froth, and let them boil together till the



the liquor is as clear as crystal, taking off the scum.

*To preserve PEACHES.*

Put the peaches into boiling water to scald them ; but don't let them boil ; then take them out and put them in cold water ; afterwards drain them in a sieve. When they are dry, put them into long wide-mouth'd bottles, and pour as much clarified sugar over them as will cover them ; pour in brandy enough to fill the bottles, and close the mouths with bladder, and leather tied over them,

*To preserve green APRICOTS.*

Take apricots before the stones are hard, and rub them in a cloth with salt, to take off the roughness of the outsides. Then boil them in water till they are tender ; let them stand to cool, and when cold, put them into clarified sugar. Boil them in it till they are clear, then put them in wide-mouth'd bottles, with the clarified-sugar over them ; stop them close as above.

*To preserve DAMSONS and PLUMS for Tarts and Pies.*

Gather the fruit just before it begins to ripen, pick out about one third of the ripest, and put as much water to them as will cover the whole number ; set them over the fire, let them boil, take off the scum, and when they are very soft, press them with the liquor through a hair sieve. Then to every quart of the liquor, add a pound and a half of sugar. Boil the whole again, taking off the scum as it rises. Then throw in the rest of the fruit, and only scald it. Afterwards take them off the fire, and when they are cold put them into wide-mouth'd

mouth'd bottles, and pour the liquor over them. Put a bit of writing-paper within the neck of the bottle to lie on the top of the liquor, and pour a little oil upon that. When you are about to use them, take off the oil carefully, and then take out the fruit.

*The method of keeping green GOOSEBERRIES till Winter.*

Take large green gooseberries before they ripen, put them in bottles and cork them. Then set one of the bottles to the neck in boiling water, and keep it there till the gooseberries are coddled, the water boiling softly all the while. When one bottle is done put in another, and so on till they are all done. Then cut off the corks close, and cover the tops all over with melted pitch or rosin, or sealing-wax, to prevent the air from getting in. The bottles must be kept in a cool place. The gooseberries prepared in this manner will bake as red as a cherry.

*To preserve red GOOSEBERRIES.*

To every quart of water add half a pound of Lisbon sugar; set the mixture over the fire to boil, and take off the scum as it rises. Then take ripe red gooseberries and put them into the mixture; let them boil for two or three minutes; afterwards pour them into stone-jars, and when they are cold, cover them up with a bladder and leather.

*To preserve green PEAS.*

Take peas, gathered on a dry day, that are neither old nor young, and when they are shelled, put them into dry bottles, and fill them to the top; then cork them, cut the corks off close to the bottle, and cover the tops with melted pitch or rosin;

fin ; which may be done by dipping them in some of either, when it is melted in a pipkin.

*To preserve FRENCH-BEANS.*

Take young french beans, gathered on a dry day, and then put a layer of salt at the bottom of a large dry stone-jar ; over this strew a layer of beans, then another of salt, then another of beans, and so on till the jar is full, but let there be salt at top to cover the whole. Tie a coarse cloth over the top ; then lay a board over it, and a weight upon that to keep it close down, that no air may come in ; set the jar in a cool place. At the time of use take some out and cover them up again as before. Lay the beans that are taken out in soft water for twenty-four hours, shifting the water often. When you boil them, put no salt in the water. A pint of beans may be boiled with the white heart of a small cabbage. Then cut the cabbage into small bits, and put it with the beans into a saucepan, with a bit of butter as big as an egg roll'd in flour, a quarter of a pint of gravy, and a little pepper ; stew them for ten minutes and they will be ready.

*To preserve APRICOTS.*

Take any quantity of apricots and as much loaf-sugar in very fine powder. Pare the apricots and put them in a glass or stone vessel with the sugar ; let them stand all night together, or till a great part of the sugar is dissolved. Then put the whole in a preserving-pan, and set it over a gentle fire ; let them boil very slowly, and when the syrup is thick enough, take them up and put them into glasses. When the syrup is cold pour it over them.

*To make APRICOT-CHIPS.*

Take sugar and water, and boil them to a very thick syrup; then pare some apricots, and cut them into thin slices; then put them into the syrup, where they must remain till they look clear. Afterwards let them stand a day or two; then take them out and lay them on tin plates, and dry them in a warm oven.

*To make MARMALADE of Apricots.*

Take ripe apricots and cut them into thin slices; then take an equal weight of sugar, and set them together over the fire till all the sugar is melted; let them boil very quick till the mixture looks clear, stirring it all the while, lest it burn to. Afterwards take it off and put it into glasses.

*To keep CHERRIES all the year.*

Take any quantity of cherries, and boil them in water till they are dissolved; strain the liquor thro' a cloth. This done, take some very fine cherries with the stalks on, without bruises, and put them in the liquor, and let them boil a little, but not long enough to break them; then take them up, and put them gently into a dish, so as not to bruise them. Afterwards take the liquor the cherries were boiled in, and put sugar enough in it to make a pleasant syrup; let the cherries just boil in the syrup, and let it cool. Let them continue in the syrup, and they will keep all the year.

*To preserve CHERRIES.*

Take some of the finest cherries free from bruises, and an equal weight of loaf-sugar; as also half the weight of juice of red currants; put some of the sugar into the juice, and when it is dissolved  
add

add the cherries ; set them over a quick fire, and make them boil as quick as you can ; and while they are boiling, strew in the rest of the cherries by a little at a time. You may know when they are enough by taking some of the liquor in a spoon ; for if it jellies, you may take it off and fill your glassess. When they are cold paper them up.

*To make MORELLO CHERRY-CAKES.*

Take what quantity of these cherries you please, and stone them ; then boil them in a preserving-pan, till they are as thick as a paste. Afterwards to every pound of cherries add a pound of sugar, and set them again over the fire till the sugar is dissolved. This done, put them in glassess and dry them.

*To make clear CURRANT, or RASBERRY-CAKES.*

Beat the currants or rasberries in a mortar, and strain out the juice through a jelly-bag. Then set it on the fire, and as it boils scum it well. Then to every pound of juice add a pound and six ounces of double-refined sugar ; let them stand over the fire till the sugar is dissolved, without boiling. Put the mixture into glassess and stove it, or set them in the sun to dry.

*To keep PLUMS all the year.*

Take any quantity of green plums that are not spotted, and put them into wide-mouth'd bottles ; placing at the bottom a layer of sugar ; then a layer of plumbs ; and so on till they are filled. This done, stop them up close, and they will grow ripe in the bottles.

*To preserve GOOSEBERRIES.*

Take fine large gooseberries, and pick off the black eyes, leaving the stalks on; set them over the fire in an earthen pipkin to scald, taking care they neither boil nor break. When they are tender take them out and put them in cold water. To every pound of gooseberries allow a pound and a half of sugar; and to every pound of sugar, a pint of water. Boil the sugar and water together to make a syrup, and take off the scum. Put the gooseberries into a preserving-pan, and then pour on the syrrop when it is cold, setting them over a gentle fire. Let them boil, without breaking, till the sugar has penetrated their substance. Then take them off, cover the vessel with white paper, and set them by till the next day; at which time they must be taken out of the syrup. Set the syrup on the fire, and let it boil till it begins to be ropy, taking off the scum. This done, put the gooseberries into the syrup again, and set them over a gentle fire, and let them continue till the syrup will rope; then take them off, and cover the vessel with paper, and let them cool. Likewise take gooseberries and boil them in water till the liquor is strong therewith; then strain it and let it settle. To every pint of this liquor allow a pound of double-refin'd sugar, and boil them to a jelly. Put the goosberries in glassess, and next pour some jelly on the top, and paper them up close.

*To dry GOOSEBERRIES.*

Take gooseberries that begin to be ripe, and boil them over a quick fire, in a syrup made with sugar and water, till they are clear. Then let them stand in the syrup four or five days in a warm place. Afterwards take them out, lay them on sieves,

sieves, and set them in the sun a day or two to dry, taking care to turn them now and then.

*To make GOOSEBERRY-CAKES.*

Put green gooseberries into a stone jugg, and cover them close; then set the jugg in a pot of boiling water, keep it constantly boiling over a quick fire; and after some time pour the liquor out of the jugg that proceeds from the gooseberries. Repeat this process till no more liquor can be got, and then strain it. This done, set the liquor over the fire till it boils; then add the same weight of syrup of sugar, made strong enough to rope. When they are well united, put them in glasses and dry them.

*To preserve green FIGS.*

Put the figs into boiling water, and boil them till they are tender; then take a pound of sugar and a pint of water, and boil them together for a while. Then put in a pound of figs, and boil them an hour over a slow fire. Repeat this three days together, making the same syrup boil before you put in the figs. When they are enough they will look glossy. Two days after set them in the stove and let them dry.

*To candy the peels of ORANGES, LEMONS, or CITRONS.*

Take any of the above mentioned peels, and grate off the yellow part; after which, soak them in cold water, changing it every day till the bitterness is gone. Then take an equal weight of sugar, and boil it with as much rose-water as will dissolve it. Pour this syrup on the peel after it has been drained, and set it over the fire for a little while.

Repeat

Repeat this every day till they are clear. Then boil them a little, take them out, and lay them in a sieve, and dry them in a stove. If you desire the virtues of the peel, leave the yellow part on, and omit soaking them. Likewise their being clear is of no consequence in this case. Orange-chips may be prepar'd in the same manner.

*To make LEMON-CREAM.*

Take the juice of five large lemons, ten ounces of double-refin'd sugar, in fine powder, the whites of six eggs well beaten, and half a pint of spring-water; mix them all together and strain the liquor through a jelly-bag; set it over a gentle fire, and as the scum rises take it off. When it is as hot as you can bear your finger in it, take it off the fire and put it into glasses, with shreds of lemon-peel.

*To stew GOLDEN-PIPPINS.*

Take a pound of double-refined sugar in fine powder, mix it with a quart of water, and boil them together; as the scum rises take it off. Then put in a pound of pippins, after they are par'd, cor'd, and cut in halves; let them boil till they are as tender and as clear as you desire. Afterwards put in the juice of two lemons, and a few small shreds of lemon-peel. Let them boil a minute or two, and then pour the whole into a china dish. When it is cold it may be served up.

*To dry GOLDEN-PIPPINS.*

Pare golden-pippins and boil them in water till they are tender. Then take them out, and boil them in a syrup till they are clear, and let them stand in it two or three days. Afterwards take double-refined loaf-sugar, and water enough to wet it;





syrup, and give them two or three boils. Afterwards put them in a pot, and pour the syrup to them while it is warm, and let them remain two or three days till they are clear. Then take some double-refined sugar, and with a sufficient quantity of water, boil it to a thick syrup. Put the pears into this, and give them a quick-boil or two; take them off the fire, and with a slice take the pears out, and lay them in sieves as fast as you can, and then set them in a stove to dry.

*To keep QUINCES raw all the year.*

Take some of the worst quinces and cut them into small bits; then boil them in spring-water till it is very strong of the quinces. Afterwards, to every gallon of boiling liquor put two pounds of honey, half a pint of white wine vinegar, and two spoonfuls of salt. Boil these together leisurely for half an hour, and then strain the liquor, and put it into a wooden vessel. This done, put as many quinces into the liquor as the vessel will hold, and stop it up close.



## *Of making WINES and CATCHUP.*

*To make CURRANT-WINE.*

**W**HEN the currants are quite ripe, let them be gathered on a dry day. Then put them into a tub and bruise them with a wooden pestle till there is none left whole; let them stand in the tub for twenty-four hours, till they ferment; then squeeze out the liquor through a hair sieve, and to every gallon put two pounds and a half of white

white sugar. When the sugar is dissolved put the liquor into a vessel, with a quart of brandy to every six gallons. Let it stand six weeks; and if it is fine, bottle it; if not, draw it off into large stone bottles, and let it stand a fortnight to settle. Afterwards bottle it in quarts or pints as you please.

*To make GOOSEBERRY-WINE.*

When the gooseberries are half ripe, put a peck at a time into a wooden vessel, or strong tub; then bruise them with a wooden mallet, or some such instrument; put them into a hair cloth, and press out the juice. Repeat the same operation again, till all the gooseberries are squeezed. Afterwards put three pound of dry powder-sugar to every gallon of juice. When the sugar is dissolved, put the liquor into a cask, and let it be quite full. If the cask holds ten gallons, let it stand in a cool place three weeks; if twenty, five weeks. Then draw the liquor from the lees, cleanse the cask, and put the liquor in again. A ten gallon cask must stand afterwards three months: one of twenty gallons five months; and then bottle it off.

*To make RAISIN-WINE.*

Put two hundred weight of raisins with the stalks into a hogshhead, and fill it up with water. Let them stand together for a fortnight, and then pour off the liquor and press out the raisins; put these liquors both together in a cask that they will just fill, and let it stand open till it has done fermenting, or making a noise. When this is over, stop it up close, and let it stand six months. Afterwards you may peg it, to discover whether it be clear or not. If it is, rackit off into another vessel, let it stand three months longer, and then bottle it.

*To make ELDER-WINE.*

Gather the berries when they are full ripe, pick them, and put them in a stone jar; then set the jar in a kettle of boiling water, and let it stand till every part of it is hot. Then take them out, and strain them well through a coarse cloth. Put the juice into a kettle well tin'd, and boil it with a pound of Lisbon-sugar to every quart of juice; take off the scum as it rises, and let it boil. When it is clear and fine, pour it into a jar, and keep it for use. When the raisin-wine is made as above directed, mix a pint of this liquor with every two gallons of the wine, when you put it into a vessel, and the composition will be elder wine; which must be rack'd off, and managed as above.

*To make ORANGE-WINE.*

Beat up the whites of ten eggs very well, and put them into six gallons of water, with twelve pounds of the best powder-sugar. Boil this liquor well for three quarters of an hour, and let it stand to cool. Squeeze the juice of twelve lemons into an earthen cup or pan, with two pound of white sugar; let them stand all night; in the morning take off the scum, and put the mixture into the other liquor. Then pare off the outward peel of fifty oranges, and put them in likewise with the juice of the same. Let it stand to work for two days and two nights. Afterwards add two quarts of white wine, and put the mixture into a vessel.

*Another way to make ORANGE-WINE.*

Take six gallons of water, twelve pounds of sugar, and the whites of three eggs well beaten; mix them all together, and boil them very well  
for

for a full hour, and take off the scum as it rises. Let the liquor stand till it is cold, and then put in the juice of fifty oranges, and the yellow outside peel of thirty, with six spoonfuls of yeast; let them work together for two day and two nights, and then put in two quarts of rhenish-wine. Afterwards put it into a vessel and stop it up very close. In six weeks time it will be fit to bottle.

*To make CHERRY-WINE.*

Take any quantity of cherries deprived of the stalks, that are full ripe, and press out the juice through a hair sieve. To every gallon of this add two pounds of loaf-sugar beaten to powder. When the sugar is dissolved in the juice, put the liquor into a vessel that will just hold it and no more. When it has done working, and ceases to make a noise, stop it up close for three months, and then bottle it off.

*To make COWSLIP-WINE.*

Take a peck of cowslip flowers, pickt from the cups, and put them into a tub, with the outside peels of six lemons. Then take six gallons of water, twelve pounds of sugar, the juice of six lemons, with the whites of four eggs well beaten. Mix them together, and put them into a kettle well tin'd; boil the liquor for half an hour, taking off the scum as it rises, and pour it boiling hot on the flowers; stir them about till they are almost cold, and then put in a dry toast rubb'd all over with yeast, letting the liquor stand to work for two or three days. After which add six ounces of the syrurp of orange-juice, and then strain it through a coarse cloth. Then let it pass through a flannel bag, and put it in a vessel, letting the bung lie loose for several days, to see if it will work

any more; if not, bung it up, and let it stand three months before you bottle it.

*To make BIRCH-WINE.*

Bore holes in the body of a birch-tree in the month of March, before the leaves begin to shoot; into which put sawcets of elder-sticks, with the pith taken out. Four or five holes may be made in one tree at the same time: and a vessel must be hung under each to catch the sap that runs through. Bore as many trees as will yield a sufficient quantity the same day; which you must boil as soon as you can; and as long as any scum arises, taking it off as it appears. To every gallon of this liquor add four pounds of sugar, and the outside peel of a lemon; then boil it for half an hour longer, and take off the scum. This done, put it into a tub, let it stand till it is almost cold, and then put a piece of toasted bread covered with yeast to set it a working. It must stand for five or six days, and be often stirred. Afterwards take a cask that will just hold the liquor, and throw in a match dipt in brimstone and lighted, through the bung-hole; stop it up close till the fumes are allayed, and then put in the liquor, laying the bung light on till you find the working is over. After which stop it close, and let it stand three months before you bottle it off.

*To make GINGER-WINE.*

Take three gallons of water, three pounds of sugar, and nine ounces of ginger cut into slices; boil them together for an hour, and take off the scum as it rises. Let the liquor stand till it is lukewarm, and then put in two spoonfuls of yeast to set it a-working. When it is over, put it in a cask;

caulk; and it may be bottled off in a fortnight's time.

*To make CATCHUP.*

Take large mushrooms, without the stalks, and clean them from the dirt, but do not wash them; lay them in a broad earthen pan, and strew salt over them, letting them lie all night. In the morning break them to pieces with your fingers, and put them into a stew-pan; when they have boiled a minute or two, strain them through a coarse cloth, and wring them hard to get out all the juice. Let the juice stand to settle, and then pour off the clear into a flannel bag, to make it quite fine. To every quart of this liquor add an ounce of whole ginger, and half a quarter of an ounce of whole pepper; boil it briskly for a quarter of an hour, and then strain it. When it is cold, put it into pint bottles, with six cloves and five blades of mace in each, cork them well, and you may keep it for two years.

*To make CATCHUP for long keeping.*

Take two quarts of large mushrooms, without the stalks; break them small and put them into a gallon of strong stale beer, with a pound of peel'd shalots, a pound of anchovies without the pickle, half an ounce of cloves, half an ounce of mace, a quarter of an ounce of whole pepper, and three large races of ginger. Put them in an earthen pan, or a sauce-pan well tin'd, and cover it close. Let them simmer till half the liquor is consumed; strain it through a flannel bag, let it stand till it is cold, and put it into pint bottles. A spoonful of this, mixt with melted butter, makes a good fish-sauce.



## *The Art of PICKLING.*

### *To pickle WALNUTS.*

**T**AKE any quantity of walnuts as large as you can, before the shells grow hard; lay them in salt and water for two or three days, and put them into fresh water, where they must lie for two days longer. Then take them out and put them in more fresh water, where they must lie for three days. This done, fill a stone-jar half full, with a large onion stuck with cloves. Some put in a handful of shalots, or a head of garlick. For every hundred of walnuts, allow half a pint of mustard-seed, half an ounce of black pepper, half an ounce of Jamaica pepper, a stick of horse-raddish, and a quarter of an ounce of mace. Put these into the jar, and then fill it up with walnuts. This done, pour as much boiling vinegar over them as will cover them, and lay a plate on the top of the jar till it is cold. Then tie a bladder and a piece of leather over the top, to keep out the air. In six weeks time they will be fit for use.

### *To pickle CUCUMBERS.*

Take any quantity of cucumbers, and put them in a stone-jar; then take spring-water and dissolve salt in till it will bear an egg, boil it for two or three minutes, and then pour as much on the cucumbers as will cover them. This done, cover the jar with a woollen cloth, and lay something over it to keep it close; such as a plate, or a pewter dish; let them stand



stand a day and a night, and then take them out, putting them between two cloths to dry them. Afterwards wipe the jar dry with a cloth, and put the cucumbers in again. For the pickle, add a quart of water to every three quarts of vinegar, with a little bay and common salt. To every gallon of the pickle, allow a nutmeg cut into quarters, whole pepper, mace, and cloves, of each a quarter of an ounce, with a large race of ginger cut into slices. Put these into the jar, with a little dill or fennel. Then boil the vinegar, salt, and water together, but not in a brass vessel, as some direct, for that is unwholesome. Pour the boiling liquor into the jar so as to cover the cucumbers, and let them stand together for two days. Then pour out the pickle, boil it, and return it back, letting it stand as before; perform this the third time. This done, cover the jar with a bladder and leather tied over the top. At the time of use, it will be best to take them out with a wooden spoon.

*To pickle* FRENCH BEANS.

French-beans must be pickled exactly in the same manner as the cucumbers.

*To pickle* RED CABBAGE.

Cut the cabbage into thin slices, and put it cold into a stone-jar, with vinegar and salt, and an ounce of Jamaica pepper; cover it close, and keep it for use.

*To pickle* BEET-ROOT.

Boil beet-roots till they are tender, then rub off the peel with a cloth, and lay them in a stone-jar; afterwards take three quarts of vinegar, two quarts of water, and salt to your liking. Put them together into an earthen pan, and stir them about  
till

till the salt is melted. Pour this mixture cold into the jar till there is enough to cover the beet. Then tie a bladder and leather over the top of the jar, and keep it for use.

*To pickle CAULIFLOWERS.*

Take some fine large cauliflowers, and break them into little bits, picking out the small leaves. Then put spring-water into a stew-pan over the fire, and when it boils put in the cauliflowers; let them boil for a minute only, and take them out with a slice, throwing them in cold water; take them out from thence when they are cold, and lay them between two cloths till they are dry; afterwards put them into wide-mouth'd bottles, with three blades of mace to each, and fill them up with distilled vinegar. Melt mutton suet and pour a little on the top: then tie a bit of bladder and leather over them. In a month's time they will be fit for use.

*To pickle MUSHROOMS.*

Take mushrooms, wash them clean and dry them; then put them into wide-mouth'd bottles, with a nutmeg in each, which must be scalded in vinegar, and cut into thin slices while it is hot. Then fill them up with vinegar mixt with water, and pour a little mutton-suet over the top. A spoonful of this pickle will give a very good flavour to sauce.

*To pickle ONIONS.*

Take any quantity of onions, and take off the outward coat: then boil them in water till they begin to be tender; afterwards drain them through a cullinder and let them cool. When they are cold slip off two more of the outward coats, and rub them gently in a soft linnen cloth. This done,

put them into wide mouth'd bottles, allowing to every quart, a quarter of an ounce of mace, two large races of ginger sliced, and seven bay leaves: mix these among the onions: afterwards boil vinegar, with bay-salt, allowing two ounces of salt to every quart of vinegar; take off the scum as it arises, and let the mixture stand till it is cold; then pour it into the bottles till they are full, and cover them with bladder and leather, tying them the tops.

*To pickle STERTION-BUDS.* -

Take nasturtium or stertion-buds, when they are large, put them into bottles, and fill them up with vinegar, mixt with spice to your own liking; then stop them up close.

*To pickle PLUMS, PEACHES, NECTARINES,  
and APRICOTS.*

Take any of these when they are at their full growth, and before they are quite ripe; put them into water mixt with equal quantities of common and bay-salt, till it is strong enough to bear an egg; then lay a trencher or thin board over them, to keep them down in the water: after they have stood three days, take them out, and wipe them carefully with a soft cloth: this done, put them into a stone jar, and cover them with the following pickle: take vinegar, and with every gallon mix a pint of good mustard ready made, three heads of garlick, five races of ginger sliced, nutmeg, cloves, and mace, of each half an ounce; mix these together, and the pickle is ready; cover the mouth of the jar with bladder and leather to keep out the air. In two months time they will be ready for use.

*To pickle BARBERRIES.*

Pick out the worst part of the barberries, and put the finest which remain into bottles; then take equal quantities of white wine vinegar and water, mix them together, and to every quart of the mixture put half a pound of powder sugar, and a quarter of a pound of white salt: in this pickle, boil the worst part of the barberries that were pickt out, and take off the scum; when they have boiled long enough to make it of a fine colour, take it off the fire, and let it cool; then strain it through a cloth as hard as you can; let it stand to settle, and pour off the clear into the bottles: boil a little fennel in some of the pickle, and pour a little bit of it on the top of the pickle, in every bottle, afterwards cover them close with bladder and leather.

*To pickle SAMPHIRE.*

Take green samphire, lay it in a clean earthen-pan, and throw a handful of salt over it, pouring in spring water enough to cover it: when it has lain a day and a night, take it out, and put it into a sauce-pan well tin'd, not in a sauce-pan untin'd, as some direct: throw in a handfull of salt, and pour in vinegar enough to cover it; set it over a slow fire, and take it off before it is soft; then put it into a stone-jar, cover it close, and let it stand till it is cold; then tie a bladder and leather over the mouth, and keep it for use.

*To pickle OISTERS.*

Take two hundred of large plump fresh oysters, and when they are opened, place a pan under them to save all the liquor; but remember to take off the skirts or beards before you cut them from the shells;

shells ; this done, put the oysters and liquor into a tin'd sauce-pan, and boil them very slowly for half an hour, taking off the scum as it rises ; then take out the oysters, strain the liquor through a fine cloth, and put the oysters into the same liquor again, except a pint, which must be reserved ; into this pint, while it is hot, put three quarters of an ounce of mace, half an ounce of cloves, and a quarter of an ounce of whole pepper ; set them over the fire, and as soon as they boil, put in the oysters with the remainder of the liquor, and stir them together throwing in a spoonful of salt, afterwards put in three quarters of a pint of the best white wine vinegar. When they are cold, put them into a barrel, with as much liquor as it will hold ; or into jars, covered with bladder and leather.

*To pickle* COCKLES and MUSCLES.

Put two quarts of muscles, or cockles, over the fire, in a sauce pan, and let them stew till they are open ; take them out, and strain the liquor ; wash the cockles in water, to free them from grit ; open the muscles one by one, take off the hair, and see that nothing is in the body : afterwards proceed to the pickling in the same manner as the oysters, boiling them in the same manner, and adding the same quantity of vinegar and spice. The muscles are so close they are generally without grit or sand, and consequently need no washing after they are stew'd.



## MADE DISHES *of various kinds.*

### *To stew VEAL COLLOPS.*

**T**AKE a leg of veal, cut it into small collops, and beat them well with the back of a knife; fry them in butter, and when they are enough, stew them in gravy, with a sprig of time, a little nutmeg, beaten pepper, a shallot, and some anchovies minced small, with a little butter, and the yolks of six eggs: keep it shaking lest it curdle; then fry some thin slices of bacon, and put into the dish.

### *To bake an OX-CHEEK.*

Take an ox cheek that is well clean'd, and break all the bones on the inside with a cleaver; then season it with salt, pepper and a little mace; this done, put it into a broad pan, that has been rub'd with an onion in the inside, if not disliked; afterwards put in a little thyme, sweet marjoram, and three or four bay leaves: to these add half a pint of mountain wine, with four spoonfuls of water; and if any bones were taken out lay them uppermost; then cover the pan close, and set it in the oven for six hours. If it is stew'd, more liquor must be added.

### *To make curious BEEF-A-LA-MODE.*

Take three pounds of beef cut into small bits, and a pound of suet tried; then season it with mace, nutmegs, pepper, and salt-peter: this done, take sweet marjoram, thyme, penny-royal, and an onion; shred them very small, and mix with the beef and suet;

suet ; place a layer of these at the bottom of an earthen pot, and then a layer of bacon, and so on ; then put in half a pint of red port, and lay some butter on the top of all : cover the pan up close ; and let it stand to bake in the oven for two hours ; afterwards pour the liquor out of the pan, and put in a proper quantity of butter.

*Another way to make BEEF-A-LA-MODE.*

Take a buttock of beef, and cut it into large steaks, and lard them with bacon ; fry them brown, and put them in a pot that will just hold them ; then pour in two quarts of broth, or gravy, a few sweet herbs, an onion, some mace, cloves, nutmeg, pepper, and salt : this done, cover it up close, and stew it till it is tender ; skim off all the fat, lay the meat in the dish, and strain the sauce over it. Some omit the larding of the beef.

*To stew a RUMP of BEEF.*

Powder two nutmegs, mix them with pepper and salt, and season the rump of beef therewith ; lay the fat side downward in the stew-pan, with three whole onions, stuck with a few cloves, and a bunch of sweet herbs ; then pour in a pint of red port, and three pints of water ; cover the pan close, and let it stew over a gentle fire for four or five hours. Take up the beef, and lay it on sippets in a dish ; then skim the fat off the liquor, and pour the liquor over the meat.

*To roll a RUMP of BEEF.*

Take the bone out of a rump of beef, as carefully and as clean as you can, and slit it down from the top to the bottom, and spread it open : this done, take the flesh of two fowls, with as much  
boiled

boiled ham and beef suet ; add to these a little pepper, an anchovy, a nutmeg grated, a little thyme, a good deal of parsley, and a few mushrooms : chop them all together, and beat them in a mortar with half a pint bason full of crumbs of bread : to this mixture add the yolks of four eggs, and when they are incorporated together, put the whole into the beef that was laid open ; close the beef round the mixture, and roll it up, fastening it together with a skewer, and tie it with a pack-thread cross and cross, to bind it close. Take a pot, sauce-pan, or deep stew-pan that will just hold it, and at the bottom of it place a layer of beef, and a layer of bacon cut into thin slices, together with a piece of carrot, some whole pepper, mace, sweet herbs, and a large onion ; lay the roll'd beef upon these, and pour in water enough just to cover the beef : cover the pan up close, and let it stew softly over a slow fire for eight or ten hours ; then take the beef up, keep it hot, and boil the gravy till it is good ; then strain it off, and put in some mushrooms, morells, and truffles cut small, with two spoonfuls of white wine, the yolks of two eggs, and a piece of butter rolled in flour : boil them all together, and in the mean time set the meat before the fire, baste it with butter, and strew crumbs of bread all over it : when the sauce is enough, lay the meat in the dish, and pour the sauce over it.

*Curious pickled BEEF for boiling.*

Take a brisket of beef, a pound of common salt, half a pound of coarse sugar, and two ounces of salt-petre ; mix them together, and rub the beef over with the mixture ; lay it in an earthen-pan, and turn it every day ; let it lie a fortnight, and then boil it : serve it up with savoy, or a pease pudding. It eats exceeding well cold, when cut into slices.



*To make BEEF-COLLOPS.*

Cut the beef into thin pieces, about two inches long, and beat them very well with the back of a knife; grate some nutmeg over them, and flour them a little; lay them in a stew-pan, with as much water as will do for sauce, half an onion cut small, a little piece of lemon-peel cut small, a bundle of sweet herbs, a little pepper and salt, and a piece of butter rolled in flour: set them on a slow fire, and when they begin to simmer, stir them now and then. When they are quite hot, you need not keep them on above ten minutes; they must not boil: take out the sweet herbs, pour the whole in a dish, and send them to the table.

*To stew BEEF-STEAKS.*

Take rump-steaks, pepper and salt them, and lay them in a stew-pan, with half a pint of water, a blade or two of mace, two or three cloves, a little bundle of sweet herbs, an anchovy, a piece of butter rolled in flour, a glass of white wine, and an onion: cover them close, and let them stew softly till they are tender: then take them out, flour them, and fry them in fresh butter; pour away all the fat, and strain the sauce they were stew'd in; pour it into the pan, and toss up all together till the sauce is thick: lay the steaks in the dish, and pour the sauce over them. Some add a quarter of a pint of oysters.

*To fry BEEF-STEAKS.*

Cut off all the fat from the steaks, and lay it by itself; then take the lean steaks, and beat them well with the back of a knife; fry them in as much butter over a gentle fire, as will just moisten the

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pan, and when the gravy runs out of the beef, pour it off; turn them often; and when they are enough, take them up; fry the fat by itself, and lay it on the meat; then put a glass of red wine to the gravy, with half an anchovy, a little beaten pepper, a shallot cut small, and salt to your palate: give it two or three little boils, and pour it over the steaks.

*Another way to dress BEEF-STEAKS.*

Lay your steaks on the gridiron, and half broil them; after which season them with pepper and salt, put them in a stew-pan; add a piece of butter rolled in flour, and cover them with gravy; stew them for half an hour, and then put in the yolks of two eggs beaten together; stir all together for two or three minutes, and then take them up.

*To dress the inside of a SIRLOIN of BEEF.*

Separate the inside part of a sirloin of beef carefully from the bones, and then strew over it some crumbs of bread, grated nutmeg, a little pepper and salt, a little lemon peel, thyme and shredded parsley; roll it up tight, and keep it fast with a pack thread: lay it down to roast, and baste it with a quart of milk, and a quarter of a pound of butter poured into the dripping pan: when it is enough, take it up, and untie it, and keep it together with a small skewer: pour a little good gravy into the dish, and put some sweet sauce in a cup.

*An extraordinary method of stewing a RUMP of BEEF.*

Take a rump of beef properly salted, and boil it till it is half enough; then take it up, and stuff it with sweet herbs, beaten with the yolks of eggs; and

and save the gravy that runs out while it is stuffing; then put it into the pot again, and when it is boiled enough, take it up, and stuff it in other places with beef marrow, and oysters: boil it again a little while, and then take it up. In the mean time, put a veal sweet bread parboiled, and some ox-palate well boiled, into the gravy, mixt with a gill of red wine: stew these together well, and then add what anchovies you think proper; a quart of oyster liquor, and add some lemon-peel shredded small: when the oysters are enough, add the yolks of four or five eggs, and then serve them up with the beef.

*To fricassy cold ROAST-BEEF.*

Cut the beef into small thin slices, and then take a handful of parsley shredded small, with an onion cut in quarters; put them all into the frying-pan together, with a good piece of butter, and a good deal of gravy, or strong broth; set it on the fire, and let it boil: this done, take four eggs, and beat them with a sufficient quantity of white wine, and put the mixture into the pan: when it begins to thicken, it is enough. Pour the fricassy into a dish, and send it up to the table. Some rub the inside of the dish with garlick.

*To force a NEAT'S TONGUE.*

When you have boiled the tongue till it is tender, let it cool, and then make a hole in the root of the tongue, and take out some of the meat; chop it with as much beef-sewet, and the pulp of apples; then take a little pepper, mace, and nutmeg all in powder, with salt, a few sweet herbs, and the yolks of two eggs: beat them all together, and then stuff the tongue, covering the end with

buttered paper : afterwards roast it, baste it with butter, and dish it up.

*To stew a NEAT'S TONGUE whole.*

Stew a neat's tongue in just water enough to cover it, for two hours ; then take it up, and peel it ; afterwards put it in again, with half a pint or upwards of strong gravy, and as much white wine, a bundle of sweet herbs, a little pepper and salt, some cloves, mace, and whole pepper ty'd in a muslin rag, a spoonful of capers chopt, and a lump of butter rolled in flour ; stew all together over a slow fire for two hours, and then take out the herbs and spice ; lay the whole in a dish, and send it to the table.

*To fricassy OX-PALATES.*

Boil the palates very tender, by setting them over the fire in cold water ; and then clean and blanch them : afterwards season with salt, cloves, nutmeg, and pepper, all in powder : put the palates into a frying-pan, or stew-pan, with butter, and fry them brown on both sides ; then take them up, and put them in a dish with hot mutton-gravy, in which two or three anchovies are dissolved ; grate a little nutmeg, and squeeze a lemon into the sauce.

*To fry TRIPE.*

Let your tripe be cut into bits about three inches long, and then dip them in the yolks of eggs, beaten with a few crumbs of bread ; fry them brown, and then lay them in a dish to drain : this done, lay the tripe in a hot dish, and send them to table, with butter and mustard in a cup.

*To stew TRIPE.*

The tripe must be cut into small bits, as above ; and put some water into a sauce-pan, with onions cut into slices, a bundle of sweet herbs, a little lemon-peel, and a little salt. When the water boils, put in the tripe, and keep it on the fire for about twelve minutes : put the liquor, tripe, and onions, into a dish, and send it to the table, with butter and mustard in a cup.

*To collar PIG.*

Cut the pig in two parts, and bone it ; then put it twenty four hours in water, and dry it well with a cloth : this done, season it to your mind with sage, pepper, nutmeg, mace, ginger, and salt ; roll it up very hard, and sew it up close in a linnen cloth : boil it with a bundle of sweet herbs, and the bones of the pig : when it is tender, take it up, and put it into a pan that will hold it ; then pour in the liquor that it was boiled with, and a pint of white wine-vinegar ; likewise put in ten bay leaves, and let it stand till it is cold.

*To dress PIG'S PETTY-TOES.*

Set a sauce-pan over the fire, with half a pint of water, a bundle of sweet herbs, an onion, a few whole pepper-corns, and a blade of mace ; then put in the petty-toes, and let them boil five minutes, after which, take out the heart, liver, and lights ; mince them very small, grate a little nutmeg over them, and then shake on a little flour. Let the feet boil till they are tender, and take them up ; strain the liquor, put them all together into a sauce-pan, with a little salt, and a bit of butter of the size of a walnut. Let them simmer for about six

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minutes, shaking the sauce-pan often : lay some toasted sippets in the dish, and the minced meat over them, and the petty-toes round them after they are split. Some like a little lemon squeezed into the dish.

*A curious way to dress a PIG.*

Lay the pig down to roast at the fire, till it is thoroughly hot ; then take it up, and cut it into small pieces ; set a sauce-pan over the fire, with a pint of gravy, or strong broth, and half a pint of white wine ; season with onions, thyme, grated nutmeg, and beaten pepper : this done, put in the pig, and let it stew for an hour ; afterwards put in half a pint more gravy, a piece of butter rolled in flour, some anchovies, and a spoonful of mushroom pickle ; when it is enough, lay the pig in the dish, and pour the gravy over it ; garnish with orange and lemon.

*To dress a LAMB'S HEAD:*

Let the head, lights, and heart be boiled till they are tender, but take care the liver is not too much done : when the head is enough, take it up, and hack it cross and cross with a knife ; grate some nutmeg over it, and lay it on a dish before a brisk fire : then mix some crumbs of bread, some sweet herbs rub'd, a little lemon-peel chopt fine, a very little pepper and salt ; strew this mixture over the head, and baste it with a little butter ; in the mean while, take half the liver, lights, heart, and tongue ; chop them small, and shake some flour over them : then stir them together, and put in eight spoonfuls of water, a good piece of butter rolled in flour, a little pepper and salt, with the liquor that runs from the head in the dish : simmer them all together,

together, for a few minutes, and then put in half a spoonful of vinegar; pour the minced meat into the dish, and lay the head in the middle: the other half of the liver must be cut thin, and be kept ready, with some broiled slices of bacon, which must be laid round the head. The dish may be garnish'd with lemon.

*To bask a CALF'S HEAD.*

Half boil the head, and then cut it in pieces; put it into a stew-pan, with a pint of white wine, and a pint of strong broth, an onion cut in quarters, and a little lemon peel; add to these, a quart of oysters, two or three anchovies, and a pickled cucumber: when they are enough, add the brains, some forced meat balls, and some gravy; keep them on the fire a while, and then put them in a dish, and serve them up.

*To bake a CALF'S HEAD.*

Clean the head, and take an earthen-dish rub'd with butter, putting some long iron skewers across it, to lay the head on; then make a mixture of grated nutmeg, some crumbs of bread, a little lemon-peel cut fine, and some sweet herbs shredded; strew this all over it, and then flour it: this done, stick bits of butter all over it, and then flour it again: let it be baked till it is of a fine brown, and then take it up, and set it to the fire to keep hot: put into the dish a piece of beef cut small, a bundle of sweet herbs, an onion, some whole pepper, a blade of mace, two cloves and a pint of water: boil the brains with some sage; then stir all together in the dish, pour the mixture into a sauce-pan, and boil it; strain off the liquor, and put it into the sauce-pan again with a piece of butter roll'd

in flour, adding the sage chopt fine that was in the brains, a spoonful of catchup, and two spoonfuls of red wine ; boil them together, and mix in the brains, after they are well beaten, pour it into the dish, and send it to the table.

*To ragoo a BREAST of VEAL.*

Let your breast of veal be almost roasted, then carbonadœ it, and afterwards, lay it in a stew-pan with strong broth just enough to cover it ; this done, take an onion stuck with cloves, a bundle of sweet herbs, a little salt, some whole pepper, a little bit of lemon-peel, and a bay leaf ; put them into the broth, and let them stew leisurely : when the veal is almost enough, put in a quart of stew'd oysters, a roasted sweet bread or two, an anchovy, two oranges sliced, some shredded capers, and half a pint of white wine, with the same quantity of gravy, some grated bread, and a lump of butter, shake them together ; lay the veal in the dish, and pour out the sauce over it ; but the onions, herbs, and spice must be picked out, before it is served up.

*To fricassy TRIPE.*

Cut a piece of double tripe into slices of two inches long, and half an inch broad ; put them into the stew-pan, with a little salt, a bundle of sweet herbs, a little lemon-peel, an onion, a little anchovy pickle, a bay leaf, and just water enough to cover them ; let them stew together till the tripe is very tender, and then take it up ; strain the liquor out, and then shred a spoonful of capers into half a pint of it, with a glass of white wine : boil this mixture a while with the tripe, and then beat up the yolks of three eggs, with a little mace, nutmeg, and two cloves, in fine powder ; a small handful



handful of parsley pick'd and shredded fine, a piece of butter rolled in flour, and half a pint of cream: mix these well together, and put the mixture into the stew-pan, keeping it stirring all one way; when it comes to be of a proper thickness, and smooth at the same time, dish it up, and garnish with lemon.

*To fricassy PIGEONS.*

Take any number of pigeons, for instance eight, and cut them into small pieces: then season them with pepper and salt, and put them into a stew-pan, with a pint of water, and a pint of red wine; likewise throw into the water an onion, a bundle of sweet herbs, a piece of butter rolled in flour, and a blade or two of mace; cover the stew-pan close, and let it remain on the fire till there is just liquor enough left for sauce: at which time take out the onion and the herbs, and with a spoon thrust the pigeons on one side of the pan, and the gravy on the other; then beat the yolks of three eggs together, and put them into the gravy; likewise grate in half a nutmeg, and keep the mixture stirring all one way. When the sauce is fine and thick, shake it and the pigeons together; then put in half a spoonful of vinegar, and give them another shake; afterwards put the pigeons into a dish, and pour the sauce over them; then lay some toasted slices of bacon round, and some fry'd oysters all over; garnish with lemon.

*To stew a TURKEY.*

Take four skewers large enough to lay across the bottom of the pot you intend to make use of; lay the turkey upon them, and pour a quart of gravy over it: then put in a bunch of fellery shredded small, and two or three blades of mace: stew the  
turkey

turkey softly, till there is just liquor enough left for sauce; then add two spoonfuls of red wine, two of catchup, a large piece of butter roll'd in flour, with pepper and salt enough to season it: this done, lay the turkey in the dish, pour the sauce over it, and serve it up. A fowl may be done the same way, as also a knuckle of veal.

*An easy way to force a SIRLOIN of BEEF.*

Lay the sirloin down to the fire to roast, and when it is roasted enough, lay the inside uppermost; then lift up the skin very carefully, and, with a sharp knife, cut and hack the flesh that lies between it and the bones very fine: this done, moisten it with a little red wine, and shake in a little pepper and salt, and two shalots cut fine; afterwards cover it with the skin, and send it to the table.

*To give a haut-gout to a LEG of MUTTON.*

Hang the leg of mutton for a fortnight in an airy place, and then stuff it all over with cloves of garlic, rubbing pepper and salt over the whole; then lay it down to roast; when it is done, pour some good gravy, mixt with red wine, into the dish with it, and serve it up.

*To roast a LEG of MUTTON with OISTERS.*

Make stuffing with the yolks of eggs, mutton suet, pepper, salt, and nutmeg; stuff the leg of mutton with this, and lay it down to roast: when it is about half done, cut some meat from the under side of the thick end; let the bits be small, and put them into a pipkin with a pint of oysters, and all their liquor, half a pint of hot water, and a little salt and mace; let them stew till half the liquor is consumed, and then put in a piece of  
butter

butter rolled in flour, shaking it in : when the mutton is roasted enough, take it up, and pour the sauce over it.

*To bake MUTTON-STEAKS.*

Lay the steaks into a buttered dish, and then strow some pepper and salt over them : this done, take a quart of milk, four spoonfuls of flour, and six eggs well beaten ; first beat the eggs and the flour in a little of the milk, with a little beaten ginger and salt ; then add the rest of the milk by degrees ; pour this mixture over the steaks, send the dish to the oven, and bake it for an hour and a half.

*To fry MUTTON or LAMB-STEAKS.*

Strew a very little pepper and salt over the steaks, and fry them in fresh butter ; when they are enough, lay them in a dish, and set them before the fire to keep hot ; pour out the butter, and shake a little flour over the bottom of the frying-pan ; then put in a quarter of a pint of boiling water, with a piece of butter ; shake them together, give them a boil or two, and pour it over the steaks.

*To roast rolled VEAL.*

Cut ten or twelve slices of a leg of veal, and cover them with forced meat ; roll them up, and tie them cross the middle with coarse thread ; rub them over with yolks of eggs, put them on a bird spit, and baste them with butter ; they will be roasted enough in half an hour's time ; take them up, and lay them in a dish, with good gravy, some mushrooms, and a few truffles and morels ; garnish with lemon.

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*Another way to roast rolled VEAL.*

Cut large slices off a leg of veal, lay them on a dresser, and beat them with the back of a knife ; then season them with pepper, nutmeg, cloves and mace in fine powder ; afterwards make forced meat with veal, beef suet, oysters, sweet herbs shredded fine, and some of the powder of the spice ; strew this meat all over the cutlets, roll and tie them up : put a skewer through each, then tie them to a spit, and roast them : add a couple of raw eggs to the rest of your forced meat ; roll them in balls, and fry them : when the rolls are roasted, put these together with them into a dish, with sauce made of strong broth, an anchovy, a little white shallot, and some spice stewed together, with a piece of butter rolled in flour ; pour the sauce into the dish, then lay in the meat, and garnish with lemon.

*To roast a BACON-HAM.*

First take off the skin, or rind, and then lay it in warm water for three hours to freshen it : this done, lay it in a pan, and pour a quart of canary over it, letting it steep for twelve hours : afterwards lay it down to the fire to roast, with writing paper over the fat side ; pour the said canary into the dripping pan, and baste the ham with it all the while it is roasting : when it is enough, take off the paper, and drudge with crumbs of bread, and parsley finely shredded ; let the fire be brisk enough to make it brown ; garnish with crumbs of bread.

*To stuff and roast a CHINE of PORK.*

Let the stuffing be made with crumbs of bread, the leaf of pork, eggs, parsley, thyme and sage ; then let it be seasoned with salt, pepper, nutmeg, and

and shallot : when it is about a quarter roasted, cut the skin into slips ; the sauce must be made with apples, lemon-peel, two or three cloves, and a blade of mace ; put in some butter, sweeten it with sugar, and put mustard in a cup.

*To roast TRIPE.*

Make a forced meat with the crumbs of bread, the yolk of eggs, sweet herbs, lemon-peel, nutmeg, salt, and pepper, mixt all together ; shred this on the fat side of the tripe, and lay another piece upon it, with the fat side next the forced meat ; then roll it up lightly, and keep it together with pack-thread : put it on a spit, lay it down to roast, and baste it with butter ; make sauce of melted butter and the tripe dripping, by boiling them together ; put the tripe and sauce in a dish together, and garnish with raspings.

*To roast a stuffed TURKEY.*

The stuffing for the turkey may be made in the following manner ; take a quarter of a pound of the crumbs of bread, as much beef suet, an anchovy, some parsley, thyme, a little lemon-peel, nutmeg, and pepper ; chop these well, and beat them together with the yolk of an egg ; then loosen the skin of the breast, and stuff it with this mixture : this done, pin some writing paper before the breast, lay it down to the fire, roasting it till it is of a fine brown, and take the paper off when it is near enough. It must be served up with gravy in the dish, and bread sauce, which last is thus made : take a piece of the crumb of bread, and put it into a pint of spring-water, with some whole pepper, two or three cloves, and a blade of mace ; let it boil up five or six times, and take out the spice with a spoon ;  
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after which pour off the water, and beat up the bread with a lump of butter and a little salt.

*To stew a TURKEY, FOWL, or NECK of VEAL.*

Take a small turkey, or a large one, put it into a pot, with a quart of strong broth, or gravy; to which add a bunch of fclery shredded small, an onion, and a sprig of thyme, as also a little Jamaica pepper, black pepper, cloves, and mace, tyed together in a linnen rag. Stew this softly for an hour; a large turkey, or a neck of veal, will take two hours; then add a piece of butter rolled in flour; lay the turkey, or fowl, in a dish, take the onion, thyme, and spice out of the sauce, and pour it over it: remember to enlarge the quantity of sauce, in proportion to the bulk of the meat that is to be stew'd.

*Another way to dress FOWLS or TURKEYS.*

Raise the skin from the breast of a fowl, or turkey, and stuff it with the following mixture: take a veal sweet-bread, a few oysters, some mushrooms, an anchovy, some lemon-peel, pepper and a little thyme; chop these small, and mix them with the yolk of an egg: you may likewise fill the body of the fowl with oysters, then paper the breast, and lay it down to roast. The sauce must be good gravy, with a few mushrooms: garnish with lemon.

*To broil CHICKENS.*

After you slit the chicken down the back, season it with pepper and salt, and lay the inside on a gridiron, over a clear fire, but at some distance from it; when it is half done, turn it on the other side, and strew some fine raspings of bread over it,  
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and let it be finely browned without burning : cut and slash the gizzards, and broil them with pepper and salt ; likewise broil the livers. These, with lemon, will serve to garnish the dish : the sauce must be gravy.

*To dress CHICKENS with HOG'S TONGUES.*

Boil half a dozen chickens, and as many hog's tongues, and peel them ; as also a whole cauliflower, in milk and water together, with a good deal of spinage by itself, as green as you can ; then lay the cauliflower in the middle of the dish, the chickens round it, and the tongues round the chickens, with the roots outwards : put the spinage in small heaps between the tongues ; garnish the dish with little pieces of broiled bacon, and lay a little bit on each tongue.

*To stew DUCKS.*

Cut two ducks into quarters, and fry them in butter, till they are a little brown ; then pour out all the fat, and strew a little flour on the ducks ; afterwards pour in half a pint of strong gravy, with a gill of red wine, an anchovy, a bundle of sweet herbs, and two shallots ; cover the pan close, and stew them for a quarter of an hour : take out the herbs, and skim off the fat ; put the ducks in a dish, and pour the sauce over them ; garnish with lemon.

*An agreeable way to bake PIGEONS.*

Season the pigeons with beaten pepper, mace, and salt ; put a bit of butter in the belly of each ; then make a batter, with a quart of milk and eggs, and four or five spoonfuls of flour ; pour this over the pigeons, and send it to be baked.

*A curious method of dressing a HARE.*

First lard the hare, and put a pudding in the belly ; then put it into a pot with two quarts of gravy, one of red wine, a whole lemon sliced, a bundle of sweet herbs, some pepper, nutmeg, six cloves, and a little salt ; cover the pot close, and stew the hare over a slow fire till it is almost enough ; then take it up, put it in a dish, and strew some crumbs of bread over it, with sweet herbs chopt fine, some grated lemon-peel, and half a nutmeg : set the hare before the fire, and baste it with butter till it is of a light brown ; take the fat off the gravy the hare was stew'd in, and thicken it with the yolk of an egg ; into which put six eggs boiled till they are hard, some pickled cucumbers in thin slices ; when they are well mixt, pour the sauce into the dish.

*To force HOGS-EARS.*

Take half a pound of the crumbs of bread, as much beef suet, a little parsley boiled and chopt fine, some sage, an anchovy, and a little pepper ; mix them together, with the yolk of an egg, and stuff the ears with this mixture. You must slit the ears very carefully to make room for the stuffing, and then fill them : flour them, fry them in fresh butter till they are of a fine brown, and pour out all the fat : to four ears allow half a pint of gravy, a glass of white wine, a small onion whole, half a spoonful of mustard, a little pepper, and a bit of butter rolled in flour : put these into the pan, cover it close, and stew them gently for half an hour, shaking the pan now and then : take out the onion, lay them in a dish, and pour the sauce over them.

*N.B.* The ears must be first half boiled, or souped.



*To ragoo OYSTERS.*

Take two eggs well beaten, a little parsley chopt fine, a little grated lemon-peel, a small nutmeg grated, and a little mace in fine powder; beat these together with a little flour, and put the mixture into a sauce-pan with butter: when it boils, dip the oysters in one by one; then fry them till they are of a light brown; take them out with an egg-slice, and lay them in a dish before the fire: pour the fat out of the pan, and shake a little flour over the bottom of it: then, while it is on the fire, rub a bit of butter over it with a knife; this done, put three spoonfuls of the oyster liquor, after it is strained, one spoonful of white wine, and a quarter of a pint of gravy; grate a little nutmeg into the pan, and stir all together; afterwards put in the oysters, toss the pan round, and, when the sauce is of a proper thickness, pour the whole into a dish, and garnish with raspings. Twenty large oysters are enough for the above quantity of batter.

*To fry cold V E A L.*

Let the veal be cut into very thin slices, and dipt in yolks of eggs, beaten first, and then in crumbs of bread mixt with a few sweet herbs, and shredded lemon-peel: put them into the pan with hot fresh butter just enough to fry them: while this is doing, let there be a little gravy made with the bone of the veal; when it is fry'd enough, take it out with a fork, and lay it in a dish before the fire; shake a little flour into the pan, shake it round, and pour the gravy into it: afterwards pour the liquor over the veal, and garnish with lemon.

*To make COLLOPS of cold BEEF.*

Take the inside of a sirloin of beef, or any tender part, without the fat ; cut it into bits, put as much water into a stew-pan as will do for sauce, with an onion cut small, a bundle of sweet herbs, and a little pepper and salt ; when the water boils, put in the beef, with a piece of butter rolled in flour, and shake it round ; take out the herbs as soon as the sauce is of a proper thickness, and pour the whole into a dish.

*To make a SALMAGUNDY.*

Take some cold pork, veal, and fowl, and mince them very small ; as also a red herring without the bones, hard eggs, apples, an onion, cucumber, pickled red cabbage, boiled parsley, and fellery ; cut and chop these very small, mix them and lay them in a heap in dish ; garnish with pickles, nasturtium flowers, and lemon.

*N. B.* It is not necessary to use the meat only before mentioned, but any thing you have will do, because the herring, apples, and onions are the most essential part ; the rest may be varied at pleasure.

*To make a curious TANSEY.*

Take as much spinage and tansey, in equal parts, as will yield half a pint of juice ; then take the yolks of sixteen eggs, and the whites of twelve, beat them well together, and mix them with a pint of cream, the juice, and a little sugar ; put the mixture into a frying-pan rub'd with butter, set over a gentle fire, and stir it till it is thick ; and when it is baked enough on one side, turn the other, very carefully to prevent its breaking : when it is enough, put it into a dish, and squeeze an orange over it, strewing on some sugar.

*To make a SQUAB-PIE.*

Cover the dish all over with a good crust, and place a layer of sliced apples at the bottom, with some sugar strew'd over them; over these lay chops off a loin of mutton, well seasoned with pepper and salt: put a layer of apples over the chops, and a layer of sliced onions over these; then another layer of mutton, and then apples and onions; pour in a pint of water, lay a lid over the pie, and bake it. This pie is much admired in the west of England.

*To make a CHESHIRE PORK-PIE.*

Cover the dish with a good crust, and put in pork steaks, seasoned with pepper, salt, and nutmeg: place a large layer of apples over this, with sugar enough to sweeten the pye; then another layer of pork, and half a pint of mountain wine, with some butter at the top: close up the pye with the lid, and bake it.

*Of FRUITS and the PRODUCT of  
the KITCHEN-GARDEN, which  
may be had in every MONTH in  
the year.*

## JANUARY.

FRUITS yet *lasting*.

PEARS of several sorts, besides the winter bonchretien; as also the black pear of Worcester and the English warden for baking. *Apples*; Golden pippins, nonpareils, russet-apples, Kentish-pippins, Holland-pippins, Harvey-apples, Kirton-pippins, winter-pear mains, John-apples, pomme-roys, winter-queenings, and others of less note: likewise nuts, almonds, services, and medlars. Grapes may be preserved, by cutting them with a knot of the shoot of the wine, and then hanging them in rows in a dry warm room, taking care they are at such a distance that they don't touch each other, and the air may pass freely between them; otherwise they will grow mouldy and rot. By this method they will be good in February.

### PRODUCT of the KITCHEN-GARDEN.

Cabbages, favoys, carrots, parsneps, turneps, potatoes, garlick, onions, leeks, shallots, beets, parfely, celery. Endive and lettuce. Moderate hot beds will produce sallads of mustard, chervil, tarragon, cresses, turnep, rape, burnet, radish, coriander and mint. There are likewise to be had  
broccoli,

broccoli, coleworts, and sprouts from cabbage and favoy stalks which were cut in October ; skirrets, spinage, scorzonera, large parsely roots, parsely, sage, rosemary, thyme, hyssop, winter favoury, sorrel and mushrooms.



## FEBRUARY.

*FRUITS to be had this month.*

**P**EARS ; bonchretien, citron d'hyver, winter ruffelet, bergamot de pasque, and lord Cheyne's great pear. For baking ; Pickering, cardillac, English warden, and black pear of Worcester. *Apples* ; golden ruffets, rennet grise, aromatic pippin, golden pippin, Holland pippin, Kentish pippin, stone pippin, nonpareil, John-apples, Harvey-apple, pile's ruffet, weaver's ruffet, Winter pearmain, with some others.

### *Product of the KITCHEN-GARDEN.*

All that were to be had in January : to which add Jerusalem artichokes, rocambole ; in some warm borders, radishes that were sown in Autumn ; mushrooms on the beds, that were carefully defended from the wet, and frost-chervil for soups ; asparagus from the hot beds of December ; likewise lavender, chard-beet, and pot-marjoram.



## M A R C H.

FRUITS *to be had this month.*

**P**EARS; bergamot bugi, saint Martial, winter bonchretien, royal d'hyver. For baking; cardillac, Parkinson's warden pickering, with some others. *Apples*; nonpareil, golden ruffet, Pile's ruffet, Wheeler's ruffet, Loan's pearmain, Kentish pippin, Holland pippin, French pippin, stone pippin, John-apple, and some others.

PRODUCT *of the* KITCHEN-GARDEN.

Cabbage, favoys, winter spinage, sprouts from cabbages and favoys, broccoli, coleworts, borecole, red beet, chard-beets, carrots, parsnips, turneps, potatoes, Jerusalem artichokes, fellery, endive, young fallad-herbs, cucumbers, asparagus, peas, French beans, purslane from the hot beds. Warm borders will produce mint, tansey, clary, and tarragon: as also burnet, sorrel, rosemary, thyme, sage, hyssop, marygolds, winter-favory, baum, and other kinds of pot-herbs.

APRIL.



## A P R I L.

FRUITS *to be had this month.*

**P**E A R S ; lord Cheyne's, great pears, bergamot de pasque, Parkinson's warden, and sometimes the cardillac. *Apples* ; golden russet, stone pippin, John-apple, Pile's russet, and sometimes the nonpareil.

PRODUCT *of the* KITCHEN-GARDEN.

Young sallad-herbs, radishes, spinage, cabbage, lettuce, sorrel, mint, baum, borage, bugloss, winter favoury, spring coleworts, young onions, chives, asparagus, peas, beans, early artichokes, early cabbages, early cauliflowers, yellow carrots from under walls and hedges, cucumbers, purslane, kidney beans, from hot beds : with other spring herbs.



## M A Y.

FRUITS *to be had this month.*

**P**E A R S ; lord Cheyne's green, bergamot de pasque, parkinson's warden, and sometimes the cardillac. *Apples* ; golden russet, stone pippin, John-apples, winter russet, Pile's russet, and sometimes the nonpareil.

May and may duke-cherries ; scarlet strawberries, in a warm soil ; gooseberries and currants for tarts ; masculine apricots, and nutmeg peaches.

PRODUCT *of the* KITCHEN-GARDEN.

Young fallad-herbs, several sorts of cabbage, lettuce, radishes, spinage, sorrel, mint, baum, winter savoury, borage, bugloss, spring coleworts, tragopogon, the young shoots of which are equal to asparagus, young onions, chives, asparagus, peas, beans, early artichokes, cauliflowers, early cabbages, young carrots from under walls and hedges; melons, cucumbers, purselane, kidney beans on a hot bed, and other spring herbs.



## J U N E.

FRUITS *to be had this month.*

**C**URRENTS, gooseberries, strawberries of several sorts; Kentish and duke-cherries, Flanders-heart, white heart and black heart cherries; masculine apricots: in the forcing frame, peaches, nectarines, and grapes; in the hot house fine apples.

PRODUCT *of the* KITCHEN-GARDEN.

Asparagus, artichokes, cauliflowers, cabbages, carrots, pease, beans, turneps, cucumbers, melons, kidney-beans, cabbages, lettuces, young fallad-herbs, such as chervil, cresses, radish, rape, corn fallad, mustard, and early finochia. All sorts of sweet herbs, such as lavender, thyme, winter savoury, hyssop, marum, mastick, stoechas, rosemary, origanum, mint, baum, penny-royal, parsley, sorrel, burnet, bugloss, borage, and other plants.

J U L Y.



## J U L Y.

*FRUITS to be had this month.*

**A** P P L E S ; codlings, Margaret apples, white Juneating, Stubbard's apples, summer costing, summer pearmain. Of last year, the John-apple, the stone-apple, and oaken-pin. *Pears* ; jargonelles, the primitive, robine, petit muscat, cuisse-madam, green chiffet and orange musk. Gooseberries and currants. *Cherries*. Kentish, Gascoign's heart ; carnation, lukeward, ox-ear, amber-heart, coroon, amber, white Spanish and black cherries. The brown and white nutmeg, and Anne peach ; fairchild's early nutmeg. *Nectarine*. The Orange Breda, Roman, Algier, Bruxelles, and Turkey apricots. Morocco, Orleans, blue primordian and violet royal plums. Likewise raspberries, strawberries, and pine-apples.

*PRODUCT of the KITCHEN-GARDEN.*

Cabbages, cauliflowers, artichokes, carrots, pease, beans, kidneys-beans, turneps, lettuce, cucumbers, melons, all sorts of small salad-herbs, and sweet herbs ; in some places celery, and endive, finochia, onions, garlick, rocamboles, parsley, sorrel, chervil, scorzonera, farsafy, beets, horse-radish, and potatoes.

AUGUST.



## A U G U S T.

FRUITS to be had this month.

**A P P L E S** ; Margaret apples, codlins, the summer white coustin, the summer pearmain, and the summer pippins. *Pears* ; jargonelle, Windsor, cuisse madam, orange musk, blanquette, long stalked blanquette, poire sans peau, muscat robin, amber pear, green orange, capolet, Magdalen pears, gros oignonet, poire rose, summer bergamot. Catherine pear ; bonchretien, castot, rolat, and ruffelet. *Peaches* : red and white magdalen, early Newington, the minion, Italian peach, noblest, bellis, violet native, the belle Chevreuse, early admirable, Albemarle, violet peach, Nevelte peach, Montauban, royal George, teton de Venus, purple alborge, Chancellor and Bourdine. *Nectarines* ; Roman red, Elruge, Newington ; Brugnion and Italian murray. *Plums* : Orbans, white perdigron, violet perdigron, red imperial, white imperial, le royal, chestune plum, drap d'or, St. Catherine, Roche, Courbon, Reine, Claude, Myrobalan, green Gage, la Mirabelle, apricot, plum, prune monsieur, maitre Claude, and royal dauphin. *Grapes* : white muscadine, Orleans, black cluster, white sweet water, meunier and chasselas. *Figs* : The long white, early white, small white, white flesh, long blue, round blue, large yellow, green with white flesh, green with red flesh, green with purple flesh ; the Brunswick and Cyprus fig. Add to these, filberts, nuts, mulberries, gooseberries, currants, black cherries, Hertfordshires, amber cherries, morella cherries, and pine-apples.

PRO-

PRODUCT *of the* KITCHEN-GARDEN.

Kidney-beans, some large kinds of peas, cabbages, garden beans, artichokes, potatoes, carrots, cabbage lettuces, finochia, celery, turneps, cucumbers, melons, onions, purslane, young fallad-herbs, marygolds, late cauliflowers, endive, and pot-herbs of all sorts.



S E P T E M B E R.

*FRUITS to be had this month.*

**A P P L E S.** Pearmain, golden rennets, embroidered apples, red calvilles, white calvilles, aromatic pippin, renne grise, cat's head, quince-apples, and spice-apples. *Pears*: autumn bergamot, Swiss bergamot, brute bonne, beure rouge, St. Michael pear, vert long, autumn bon-chretien. *Peaches*: the nivette, Portugal peach, purple alberge, old Newington, teton de Venus, pavy royal, admirable, Catherine, ramboulet and malecoton. *Plums*: white pear-plum, bonum magnum, green gage, St Catherine, impetrice, damascene, and bullace. *Grapes*; white muscadin, red mascadine, the chasselas, the white morillon, red morillon, and black morillon, currant grape, par-fely-leaved grape, white, red and black frontiniac, Warner's red Hamburgh, black Hamburgh, St Peter or Hesperian grape, Orleans, Malmsey, miller grape, damask grape, pearl grape, and party-coloured grape; add to these several sorts of figs, walnuts, hazle-nuts, filberts, some sorts of currants, morelle cherries, quinces, lacaroles, medlars and pine-apples.

PRO-

PRODUCT *of the* KITCHEN-GARDEN.

Potatoes, turneps, carrots, parsneps, artichokes, cabbages, cabbage-lettuce, garlick, onions, leeks, shallots, celery, endive, scorzonera, falfify, mushrooms, melons, cucumbers for pickling, kidney-beans, rouncival peas, marrow-peas, garden beans planted late, large rooted parsely, black and white spanish radishes, turnep-rooted cabbage, favoys, sprouts, beets, chervil, sorrel, capsicum for pickling, gourds, squashes, burnet, chardon, thyme, basil, marjoram, hyssop, winter savoury, parsely, chervil, finochia, marygolds, and all sorts of young fallad herbs,



## O C T O B E R.

FRUITS *to be had this month.*

**A** P P L E S. The golden rennet, golden pippin, Loan's pear-main, quince-apple, red rennet, autumn pear-main, red calville, white calville, rennet grise, royal ruffet, embroidered apples, and others of less note. *Pears:* Swiss bergamot, swan's egg, St Michael, beurre rouge, verte longue, long stalked muscat, monsieur Jean, rouffeline, green sugar, besidery, marquis, muscat fleury, Beis de la Motte, chat brulé, crasan, and others of less note. Add to these, walnuts, hazle-nuts, almonds, late figs, Catherine peaches, grapes, medlars, quinces, services, bul-lace, and bloody mallecotons.

PRODUCT of the KITCHEN-GARDEN.

Potatoes, carrots, parsneps, turneps, cabbages, favoys, late cauliflowers, artichokes, garlick, onions, leeks, rocambole, eschalots, beets, skirrets, scorzonera, falsify, white and black Spanish radishes, celery, endive, chardon, chervil, corn-fallad, rape, radish, mustard cresses, lettuces, all sorts of young fallad-herbs on warm borders. Cabbage, lettuce, spinage, coleworts, brown cole, turnep-rooted cabbage, sorrel, marygolds, mushroom, sprouts; as also, sage, thyme, rosemary, winter savoury, and many aromatic plants.

NOVEMBER.

FRUITS to be had this month.

**P E A R S.** Spanish bon-chretien, sucre vert, la chasserie, la marquise, chat brulé, le besidery, bergamot, crassane, Martin sec, l'amadote, Louise bonne, Colmar, petit oin, virgoul, ambrette, and some others. *Apples*: aromatic pippins, nonpareil, golden pippins, rennet grise, white calville, red calville, cour-pendu, fenoulette, Hertfordshire pear-main, Holland pippin, French pippin, Kentish pippin, savoy apple, Pile's ruffet, winter queening, golden ruffet, Wheeler's ruffet, pear ruffet, with others of less note. Add to these, chesnuts, hazle-nuts, walnuts, almonds, medlars, services, bullace, and some late grapes.

PRODUCT *of the* KITCHEN-GARDEN.

Potatoes, turneps, carrots, parsneps, late artichokes, common cabbages, red cabbages, favoys, cauliflowers sown in May, brown cole, spinage, sprouts, garlick, leeks, onions, rocambole, eschalots, skirrets, falsify, scorzonera, horse-radish, Jerusalem artichokes, black and white Spanish radishes. For fallads : lettuces, cresses, turnep, mustard corn-fallad, coriander and burnet. As also endive and celery. For soups : beets, chardon, thyme, celery, chervil, marygolds, winter favoury, hyssop, forrel, and some others.



## D E C E M B E R.

FRUITS *to be had this month.*

**P** E A R S. The Colmar, St Germain, St Andrew, virgoleuse, ambrette, la chasserie, epine d'hyver, Ste. Augustine, beurre d'hyver, Spanish bonchretien, poire d'hyver, citron d'hyver, Martin sec, and some others. *Apples* : the nonpareil, golden pippin, French pippin, Holland pippin, Kentish pippin, Pile's ruffet, Wheeler's ruffet, aromatic ruffet, golden ruffet, pear ruffet, rennet grise, winter gilly-flower, harvey apple, winter queening, and some others of less note. As also, chesnuts, walnuts, small nuts, almonds, medlars, services, and some grapes carefully preserved.

PRODUCT *of the* KITCHEN-GARDEN.

Potatoes, parsneps, carrots, turneps, skirrets, cabbages, red cabbages, favoys, brown-cole, cauliflowers,

liffowers, brocoli, beets, scorzonora, falsify, and horfe-radish. Garlick, onions, leeks, rocambole, eschalots, thyme, winter savoury, hyssop, sage, rosemary, chard-beets, chardons, celery and chervil. For sallads: cresses, mustard, rape, radish, turnep from hot-beds, celery, endive, and brown dutch lettuce from under glasses, mint and tarragon from hot-beds, made the beginning of the last month: and asparagus from hot beds made in October.





*Of the NATURE of ALIMENTS;  
or the good and bad effects of  
MEATS and DRINKS.*

*Of ALIMENTS from QUADRUPEDES  
or four footed animals.*

*Of the parts of QUADRUPEDES in general.*

**T**HE MUSCULOUS FLESH of quadrupedes is more nourishing than any other part, is most in use, and makes up the bulk of the body. When animals are very young, and continue sucking, the flesh is tender, soft, viscous, and abounds with moisture: However, it digests easily, and keeps the body open. Older animals have flesh that is more firm, of a richer juice, of a finer flavour, and yield more nourishment; but those which are very old are dry, hard, and difficult of digestion. Those which are bred or fed in low marshy places, breed gross humours; while such as run upon high mountainous land, where the air is pure and serene, are better tasted, more wholesome, and yield much better nourishment. Hogs, that live upon acorns, or are fed with pease, afford much better meat than those that eat grains, and devour all manner of filth. Every one knows the difference between tame rabbits, and those that are brought from a warren, where they are nourished with odoriferous herbs.

The



The flesh of the males of some of these creatures is hot, rank, dry, and hard of digestion, such as the bull and ram; while others are more agreeable than that of the females, particularly buck-venison. The gelding of animals while they are young, renders the flesh tender, of a sweeter taste, much more nourishing, and more easy of digestion. Thus ox-beef, and weather mutton is preferable to the other kinds. Boiled flesh is more moist than that which is dressed in any other manner, and is most proper for hot, dry and bilious constitutions; while that which is roasted, or fried, agrees better with the cold and phlegmatic, who are subject to catarrhs, and other moist disorders.

Besides the musculous flesh, there are other parts which are frequently eaten, and therefore will come next under consideration.

The LIVER is a bowel designed by nature for the separation of the gall, from the mass of blood: it is generally of a close, compact substance, hard of digestion, and apt to occasion obstructions: however, it differs greatly according to the age, the nature of the animals, and the kind of the aliment they live upon. Young animals that are well fed, have livers which are tender, succulent, and of an agreeable taste. Thus the livers of lambs, pigs, calves, pullets, and capons, are generally looked upon as good eating.

The MELTS or SPLEENS of animals generate a thick, gross and melancholy juice: therefore it is a bad custom, which some are guilty of, to make gravy of this part.

The KIDNEYS of old animals are of a hard, compact substance, and are difficult to digest; but those of calves, lambs, and sucking pigs, are tender, and have an agreeable taste.

The HEART is of a solid compact substance, and not very easy of digestion; however, when well  
O dressed,

dressed, it yields good nourishment, and a laudable juice.

The LUNGS, or as some call them the LIGHTS, are of a soft, moist, succulent, and light substance, easy of digestion, and sufficiently nourishing; but there are not many who are fond of feeding upon them alone.

The GLANDS, particularly the sweet-bread, are tender, of an agreeable taste, yield good juice and nourishment, being of easy digestion.

The STONES of young animals have a very fine taste, and yield exceeding good nourishment; lamb-stones particularly are easy enough to be had, and are in high esteem for making a delicate dish.

The TONGUE is inferior to no other part in taste and delicacy. The tongues of lambs, sheep, calves, and hogs, are easy of digestion: that of an ox, or a neats-tongue, is more gross, but the flavour is very agreeable, and it yields very good nourishment.

The FEET are composed of ligaments, tendons, gristles, arteries, and veins; when they are well boiled, they dissolve into a kind of gelly, and are very proper for consumptive persons, and those whose blood and juices are acrimonious, or full of sharp humours.

The INTESTINES are of a membranous substance, and consequently hard of digestion; but tripe that is fat, good, and well boiled, is very much in request, being readily digested, and free from all bad qualities.

The BLOOD is never used as aliment, except that of hogs, in making black puddings; but though they are common food, especially in country places, they are hard of digestion, and yield no good nourishment.

*Of V E A L.*

Good veal is of a cooling, moistening, and balsamic nature, yields good nourishment, and keeps the body open : the head and lights are proper aliment for persons troubled with disorders of the lungs, and who are likely to fall into a consumption : the feet are pectoral likewise, and proper to blunt and sheath the acrimony of the humours. Veal broth is good in large bleedings, overflowing of the menses, piles, and spitting of blood. Veal agrees with all ages and constitutions, but it is most proper for the weak and delicate, who seldom use exercise.

*Of B E E F.*

Beef was censured by the antients as being hard of digestion, and yielding gross nourishment ; but experience shows the contrary ; for though it is very much eaten among us, we find no such bad effect : on the contrary, it is very wholesome, and renders persons vigorous and strong. However, this must be understood of cattle that are well fed, and killed at a proper age. In general, it is best for those that have a good appetite, that use much exercise, and are of a bilious constitution. Ox-beef is best, cow-beef next, and bull-beef worst of all : heifer-beef is thought by some to be inferior to none.

*Of PORK and PIG.*

A barrow hog is a boar that was gelded under a year old, which renders the flesh of a much finer flavour than that either of the boar or sow. It must be killed while young or middle aged, for an old hog is dry, tough, and hard of digestion. It should be fed with acorns, pease or beans ; but

the two first are best. It is subject to the leprosy, quinsy, and the evil. Pork infected with this last distemper is said to be measles: it is known by kernels in the fat, like hail-shot. In all these cases, the flesh is very unwholesome, and apt to breed diseases: in general, pork should never be eaten when the weather is very hot; it yields plenty of nourishment, but is hard of digestion, and if used too often, breeds thick gross humours: it is bad for persons afflicted with the gout, as also for those that are old, weak, delicate, and inactive. It agrees best with those that have a good appetite, use much exercise, and are of a bilious constitution. Sucking pigs abound with moisture, and are therefore best roasted.

#### *Of the WILD-BOAR.*

The wild-boar is not to be met with in England at present, whatever it might have been when the country was over-run with woods. In many parts of America, the swine, which were carried over by the Spaniards, are become wild, and hide themselves in the woods. As these animals use more exercise, and feed in a different manner from the tame, the flesh is less viscous, more agreeable, and easy of digestion, to which their being hunted will contribute. It is very fit for healthy, robust persons, who use a great deal of exercise, and require a large quantity of nourishment.

#### *Of LAMB.*

The flesh of a good lamb is tender, white, and delicate. The season for it to be used, is the spring; but now, by a particular management, it may be had before Christmas, and almost at all times of the year. It yields plenty of nourishment, does not heat the body, nor create sharp acrimonious humours.

humours. It will agree with all constitutions, but better with the hot and bilious, than the cold and moist. In general, it is a safe, innocent diet. It ought to be well boiled or roasted.

*Of MUTTON.*

The best sheep are bred in dry pastures and downs, where the air is pure and dry. The youngest is generally recommended; but some gentlemen of fortune will not touch it till it is above five years old; the taste and flavour being then rich and high: However, it ought to be well fed, fat, and free from the distemper which sheep are subject to, that is the rot. It is greatly nourishing, balsamic, creates good juices, and agrees with all ages and constitutions. Weather mutton is best, the next is that of the ewe; but ram-mutton is rank, and has a smell much like a goat.

*Of the KID and GOAT.*

A kid should be killed before it is weaned, and under six months old: for as this creature advances in age, the flesh becomes hard, tough, and has a disagreeable smell; the flesh is easy of digestion, very nourishing, and breeds good juices: it may be eaten at all times of the year, and agrees with all ages and constitutions, especially those that are recovering after a fit of sickness, or whose strength is exhausted: the flesh of a goat is rank and unpleasant, but if gelded when young, he becomes fat, and yields good nourishment. The flesh of the shamois-goat is more pleasant and wholesome.

*Of the ROE-BUCK and ROE.*

These animals are to be met with in woody mountains such as the Alps, in Switzerland, and

some parts of Scotland. The roe-buck has branched horns, which fall off yearly, and is of the size of a goat, of which kind he seems to be. It is a fearful nimble animal, running with great swiftness, and has a very acute sight, seeing as well by night as by day. If this creature is killed when fat, young, and well fed, the flesh yields excellent nourishment fit for any age or constitution ; but if old, it is dry, tough, and hard of digestion.

### *Of VENISON.*

Venison is a flesh that is generally admired, especially while it is fat and in season, which is generally till September for buck-venison ; at which time he begins to rut, and then the flesh becomes rank and disagreeable. Doe-venison is not so exquisite and high flavoured, but is very good eating if not too old, and is very wholesome and nourishing. When these animals are old, the flesh becomes hard and compact, hard of digestion, lies heavy on the stomach, and generates gross melancholic humours. Venison agrees well with all ages and sexes, but is most proper for young people of bilious constitutions, and who use a great deal of exercise : but there needs little caution on this head, because the price of venison is so high, there is no danger of living upon it constantly. The horns are of great use for making gellies, which are useful to re-establish the strength, to fortify the stomach, to sheath the acrimony of the humours, to stop a looseness, vomiting, and spitting of blood,

### *Of HARES.*

A hare should be young, tender, well fed, fat, and caught by hunting : the flesh yields moderate nourishment, and generates good juices. However,  
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when too old, it is hard of digestion, breeds gross melancholic humours, and renders persons heavy and sleepy. Hares that frequent low, moist, marshy grounds are not so good as those that live on dry land and mountainous countries, because these last feed on aromatic herbs, which render the flesh of a finer taste, and a more high flavour. They are likewise better in winter than in the summer, for in cold weather the flesh is more tender, more easy of digestion, and has a more delicate relish.

### *Of* RABBETS.

Those rabbits are best that are bred in warrens, and feed upon odoriferous herbs, which frequently grow wild in such places. Rabbits are best when middle aged, for when they are too young, they breed viscous humours, and when too old, the flesh is dry, hard, and not easy of digestion. They agree with all ages and constitutions, provided they are used with moderation. Tame-rabbits are more rank, and not so well tasted as the wild, because their feeding is different, and these last ramble about at pleasure, which renders their flesh more wholesome and fit for nourishment.

### *Of* MILK.

Milk differs greatly with respect to the animal from which it is taken; the age of that animal, the nature of its feeding, and the time of the year wherein it is used. In medicine, the milk of a sound woman is most wholesome; next to this the milk of an ass, which is found to be of great use in consumptions, and other disorders of the lungs. Goat's milk is not so serous, and therefore is more suitable to persons of moist constitutions, being very proper to restore the decays of nature. Ew's milk yields more cheese and butter than either of the

former, and is never used but when other milk is wanting. Cow's milk is more generally used for aliment than any other, because it abounds with oily particles, which renders it very proper for nourishment, besides, it has a more agreeable taste than the milk of other animals. Mare's milk is more serous than any, and contains less of the cheesy and buttery parts. The hords of Tartars, who wander from place to place, have it in the highest esteem, and after it has undergone a fermentation, they frequently drink it till they are intoxicated.

The milk of every animal is more or less wholesome according to the different seasons of the year. In the spring and summer it is more serous, less thick, and more easy of digestion than at any other time, because the animal feeds on more juicy grass. Likewise when the animal is in its strength and vigour, its milk is more concocted, better conditioned, and more easy of digestion. In general, all sorts of milk, when they are good in their kind, are easy of digestion, nourish much, increase the feminals fluids, restore the health of the meagre, attenuated and consumptive, take off heat of urine, and the pains of the gout; sheathe acrimonious humours in the breast and other parts; for which reason it is good in loosenesses, the bloody flux, and when persons have swallowed corrosive poisons. In this last case, it must be mixt with oil, and drank plentifully.

The greatest inconvenience is its curdling in the stomach, for then it will cause tensions of belly and gripes, especially in children. For the same reason, it is not good in fevers, pituitous catarrhs, nor for persons troubled with obstructions. Therefore all those that abound with acids in the stomach and first passages, should be careful how they use it till they are corrected.

When



When milk has stood for some time, a cream will rise to the top, which being whipt with rods will become rarified, thin, and easy of digestion. This is called whipt cream.

### *Of BUTTER and BUTTER-MILK.*

There are as many different butters, as there are milks of different animals ; but that most in use is butter made with cows milk, which is best in the month of May. Butter is nourishing and pectoral, keeps the body open, blunts the points of acrid poisons, and is properly mixt in clysters for the bloody flux. The excessive use of butter relaxes and weakens the stomach, destroys the appetite, causes the reaching to vomit, and heats the body, especially when it is old ; when it is fresh, it is very wholesome, and agrees with all ages and constitutions.

Butter-milk is of excellent use as a medicine, because it not only nourishes, but is cooling and moistening. It suppresses all preternatural heats proceeding from disorders of the bowels ; cures obstinate hoarsenesses, catarrhs, hectic fevers, and such bleeding in the stomach and guts as renders the stools black with a horrible stench. It likewise cures pissing of blood in the small pox, and has been reckoned a great secret in ulcers of the kidneys.

### *Of CHEESE and WHEY.*

Cheese is nothing else but the curds of milk separated from the serum of whey, pressed and dried with a gentle heat. It may be made with all sorts of milk, but that of cows is most common. It ought to be made with new milk, and should be used when it is neither too old nor too new. Cheese yields plenty of nourishment, but is hard of digestion, and agrees best with labouring people : eaten

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at night it lies heavy on the stomach, and disturbs rest. However a little of it after meals promotes the digestion of others aliments. It is by no means proper food for those who are troubled with the gravel or stone. When cheese is new, it is soft, clammy and abounds with humidity ; whence it is hard of digestion, lies heavy on the stomach, and generates wind. When it is very old, it becomes dry, sharp, bites the tongue, and is quite of another nature from what it was at first, whence many bad effects ensue. All cheese is not equally esteemed ; Parmesan, Chiltoun, and Cheddar, are the best ; good Gloucestershire and Cheshire are the next ; Suffolk cheese is worst of all. Some have such a natural antipathy to cheese, that they cannot sit at the table where it is placed.

Whey is proper to keep the body open, to cleanse the stomach and guts, to cool preternatural heats, and to purify the blood. Hence it is beneficial in bilious, burning, and malignant fevers, either alone or with a little of the juice of oranges or lemons. In all cases where there is more need of temperating the humours than nourishment, whey is of the greatest service. Whey drank for a month or two is good in all chronic distempers.



## *Of* ALIMENTS *from* WINGED ANIMALS.

### *Of* FOWLS.

FOWLS are of several kinds, and are different with respect to their size, the beauty of their plumage, and other particularities. Those pullets that are young, well fed, and have not yet

yet begun to lay, are best : likewise cocks are best when they are about the same age. The flesh is easy of digestion, generates good juices, is very nourishing, is cooling and moistening, very wholesome, and is proper for persons who have been brought low by diseases. It agrees with all ages and constitutions, but more especially with the delicate, and those that lead an inactive life : for those that are strong, robust, and use much exercise, generally require more solid aliment, which does not pass off so speedily. The flesh of old fowls is dry, hard, and not easily digested : however they may be very properly made use of for broths and soups, which are very nourishing and restorative. Cocks-combs are reckoned a great delicacy by some.

*Of CHICKENS.*

Chickens are best when they are about two or three months old, and ought always to be roasted or broiled, unless there is any particular reason to the contrary. The flesh is in all respects like the former, but is more proper for sick persons, because in some degree it is more agreeable to a weak stomach, and the juices are not so rich : for the same reason it is less proper for strong healthy persons, especially for frequent use. There is a sort of broth made with them which is called chicken water which is very proper for persons afflicted with a fever, who can bear nothing but slender aliment.

*Of CAPONS.*

A capon, as every one knows, is a gelded cock, whose flesh is rendered more tender by this operation. For as the cock is a very lascivious animal, the balsamic parts of the blood are carried off by a too frequent attendance on the hens ; which

is prevented by taking away the cause. The flesh indeed is like that of a pullet, but it is more nourishing, more agreeable, and more suitable to persons accustomed to fatigue, because the juices of it are more elaborated, better concocted, and abound more with unctuous and balsamic particles.

### *Of TURKIES.*

These animals were formerly strangers in Europe, and were first imported from Numidia in Africa, which being a hot country, it is no wonder they are brought up with difficulty in this climate. The nature and effects of the flesh differ very little from fowls; for when they are young, fat, and well fed, they are very restorative, contribute greatly to preserve health, and are very proper aliment after a fit of sickness. Whatever has been said of fowls may be applied to turkies, only the flesh is somewhat more firm, and yields more lasting aliment.

### *Of PIGEONS.*

Pigeons are of several sorts, but they may be reduced to two, the tame and the wild: tame pigeons should be chosen young, fleshy, fat, and well fed. They nourish much, are strengthening, promote urine, but render the body a little costive. They agree with all ages and constitutions, and are seldom or never observed to have any bad effects. Even those that are old agree very well with strong healthy persons, especially if they use much exercise. The ring-dove perches on boughs of trees, and seldom or never lights on the ground. The flesh is very well tasted, but is somewhat drier than that of the tame pigeon. The most delicate of all is the turtle-dove, for the flesh has the finest taste and flavour; nor is it so dry as the former.

*Of*

*Of G E E S E.*

Geese are either tame or wild, and are accounted good eating, especially the wild, which are better tasted than the other. Those are best that are fat and full grown, for when they are too young, the flesh is clammy and breeds gross, thick humours; when too old it is dry, hard, is full of bad juices, and causes indigestion. They are most in season from September till Christmase. In general, a goose is more agreeable to the taste than to health, because it abounds with thick, gross juices, which render it hard of digestion; for which reason it should not be eaten too frequently: however, it agrees well enough with strong, robust persons, who have a good appetite and use much exercise, because it yields solid and lasting nourishment.

*Of D U C K S.*

A duck is an amphibious animal, because it lives as well in the water as the land. It is either wild or tame: the latter is a very foul feeder, for there is no nastiness that it will not devour. The flesh is hard of digestion and abounds with thick, clammy, gross humours. They are best in cold weather, and are suitable for strong healthy persons, but are not so good for the weak and delicate. The wild duck feeds cleaner, is finer eating and yields better nourishment. Both sorts should be chosen young, fat, and well fed. The widgeon and teal are much of the same nature as the wild duck, only the teal is esteemed by some to be a much greater delicacy than the other two.

*Of BUSTARDS.*

A bustard is about the size of a turkey, and flies with great difficulty. It delights in large open places, such as Salisbury plain. It lives upon grain, herbs, and fruits. Some of them weigh thirteens pounds and upwards. The flesh is a great delicacy as well as a rarity, and is by some preferred to a pheasant. It is of easy digestion, nourishes much, and agrees with all ages and constitutions. They are good, at all times of the year; but best in winter.

*Of PARTRIDGES.*

Partridges are in high esteem for their fine taste and good qualities. The flesh is firm, nourishing, restorative, balsamic, strengthening, proper for persons who are weakened by diseases, and who are troubled with a looseness. Partridges should not be dressed immediately after they are killed; for if they are hung up in an airy place for a day or two, they will become more tender, and eat better. They are best in the winter season, and agree with all ages and constitutions, but more particularly the moist and phlegmatic.

*Of PHEASANTS.*

The pheasant is a bird as large as a fowl, and does not taste much unlike it. However it is reckoned more delicate, and yields excellent nourishment. Some affirm a black-legged fowl approaches nearest to the flavour of the pheasant than any other. The cock-pheasant is in much higher esteem than the hen for the richness of its juices: the flesh is easy of digestion, restorative, and good for weak, hectic, and consumptive people. Some affirm that it is good in convulsions and the falling sickness.

Sickness. The autumn is the best time for killing this bird, for then it is fleshy and fat.

*Of QUAILS.*

The antients had a very bad opinion of quails, and represented them as dangerous aliment; but experience has shown the contrary, for they are very good eating, only a little hard of digestion: the flesh is very nourishing, breeds good juices, and disagrees with no constitutions. It is a bird of the partridge kind, but less, being no more than seven inches and a half to the end of the tail.

*Of THRUSHES.*

A thrush is a bird a little bigger than a lark, and the flesh is well tasted and nourishing, because it abounds with unctuous and balsamic parts. It strengthens the stomach, yields good aliment, and is good for persons who are recovering from a disease. Some think thrushes are good for the falling sickness, because they feed on the berries of the mistletoe which is accounted a specific in that disease. They are best and most in season in cold weather.

*Of BLACK-BIRDS or OUZELS.*

Black birds have many things in common with thrushes; they delight in thick woods, and are more famous for singing than for food; not but they are nourishing, easy of digestion, and breed good juices. Some think them useful eating in dysenteries, and the bloody flux. It needs not be mentioned that those which are young and fat are most fit for use. But in taking these sort of birds, there is seldom any choice to be made; however, the winter is the best season for killing them.

*Of*

*Of LARKS.*

Larks are very delicate birds, and in high esteem for their fine taste, and the good effects they produce. They abound with balsamic and volatile particles, which renders them restorative, easy of digestion, and proper to generate good juices. As they grow old, they gradually loose these volatile and balsamic parts, becoming dry and hard of digestion. They are most in season in the autumn; for they are then fat, and best flavoured. There are great plenty of these birds taken on Dunstable-downs.

*Of ORTOLANS.*

Ortolans are little birds of the size of a chaffinch, and are to be met with in large quantities in some parts of France. They take them first in the beginning of April, and continue all the month. The second time is the middle of August, which lasts about four weeks. They are seldom fat enough without feeding, which they do in cages covered over with a cloth, otherwise they would be in constant agitation. The flesh of an ortolan is tender, delicate, juicy, of an exquisite taste, and seems to be little else but a lump of fat: they abound with balsamic, unctuous, and volatiles particles which renders them very wholesome: they are agreeable to all constitutions, and there is no exception against them, but their high price. There are several other small birds, such as sparrows, linnets, goldfinches, &c. which need not be mentioned in particular.

*Of WOOD-CKOCKS and SNIPES.*

Wood-cocks and snipes are much of the same nature, and differ chiefly in their size: they are



temperate, light of digestion, very nourishing, and are best in the winter time. The agreeable relish of these birds is a sufficient warrant for their qualities. Some say they are hard of digestion and heat the body, but I may venture to affirm they never found it by experience. There are several other sorts of birds that might have been mentioned, such as water-hens, lapwings, plovers, rails, &c. but as they are seldom to be met with, or are seldom eaten, I shall pass them over in silence.

*Of E G G S.*

Eggs are of different sorts; those of hens and turkies are the best, those of geese and ducks are not so good. Hens eggs are most in use, which should be new laid, and then they yield good nourishment, increase the seminal fluid, abate the sharpness of humours in the breast, are good in consumptions, enormous bleedings, and render the voice clear. When eggs are old, they heat the body, and are bad for bilious constitutions. They should be moderately boiled and neither too much nor too little done, by which means they will be most easy of digestion, and be more readily distributed throughout the body. In general they may be eaten at any time, and are suitable to all ages and constitutions.



## *Of ALIMENTS from FISH.*

### *Of the PIKE.*

**T**HE pike is a fresh water fish, and is seldom or never met with in the sea. These fish taken in clear running water are better and more wholesome than those that are bred in muddy ponds or lakes. Those should be chosen that are fresh, fat, large, and well fed; and the flesh will be firm, white, and flaky. It is moderately nourishing, and the nourishment is pretty good. It is best in winter. It is a voracious cruel hardy fish, will feed on its own kind, and will live a long while. The hard rows will often vomit and purge violently.

### *Of the CARP, BREAM, DACE, and ROACH.*

The carp is a fresh water fish, and is to be met with in rivers, ponds, and lakes; but the river carp is best. They have no tongues, and are naturally soft, clammy, and full of phlegmatic moisture when they are young. Those that are large and of a yellow colour are best: likewise the male carp has firmer flesh than the female. They spawn five or six time a year. They are most in season in March and September. They are very wholesome eating, for those that are fondest of them never find any bad effects from their use; though some say they are bad in the colic.

The bream is a fish not very unlike a carp, only it has a small head, is more flat, less, and not so highly esteemed: it is bred in the same waters, feeds in the same manner, and produces the same effects. It is in season in March and April. It spawns in May.

The

The dace is still less than the bream, and eats more firm than the carp. The roach is not very different from the dace, unless in shape: when they are spotted, they are bad. At the best it is not esteemed; but if dressed immediately after they are caught, they make no despicable dish.

*Of the PERCH.*

There are two sorts of perches, the sea perch, and the fresh water perch; the former is less than the latter. It is found near rocks, and lives upon little fishes. The flesh is dry, tough, and hard of digestion, for which reason it is seldom eaten. The fresh water perch, when in good order, is delicate food, for it is easy of digestion, eats firm, is very nourishing, and breeds good juices. This like all other fish, when bred in muddy ponds is not so good. It spawns in March and April, and then it is out of season for some time.

*Of the BARBEL.*

The barbel is a river fish, and generally weighs two or three pounds. However, there are some of seven or eight. He cannot well bear cold weather, and therefore he is most in season in the summer time. The flesh is white, soft, and full of moisture, which becomes more firm when old; for which reason he has a better flavour at that time, and yields good nourishment. The spawn should be carefully taken out before dressing, for it is a violent purge and vomit.

*Of EELS.*

Eels are of several kinds, but they all eat very well. The silver eel is accounted the best; the

flesh is tender, soft, and nourishing, being full of unctuous and balsamic parts : but as they abound at the same time with thick gross clammy juices, they are not very easy of digestion ; for which reason they are best when a little salted. They may be eaten either boiled, broiled, or roasted ; but the two latter ways are best, because by dressing them in those manners they are deprived of a great deal of their viscous phlegm. They will likewise bear seasoning, and a glass of wine to help digestion. They may be eaten at all times of the year, but are thought to be not very good for those that are troubled with the gout or gravel.

*Of the TENCH.*

The tench is a fish at present in great esteem for its taste : it delights chiefly in standing waters, and in slow muddy rivers ; but is no lover of clear rapid streams. For which reason the use of it is condemned by some. But as lakes and ponds are the natural habitation of these fish, and as experience informs us that they are at least as good as carp, we need not abstain from them on that account. It yields good nourishment to healthy persons of sound constitutions, but is not so proper for the weak and unhealthy.

*Of TROUTS.*

There are several sorts of trouts, which are different with respect to the water which they inhabit, their size, and their colour. Some are found in rapid brooks and rivulets, and others in lakes. Some are blackish, others reddish, or rather of a gold colour. The largest kind is the salmon trout, which some think to be nothing but a young salmon. A trout is covered with small scales com-  
monly

monly spotted with red. Those are best that are fat, well fed, and whose flesh is reddish ; they are easy of digestion, afford good nourishment, and increase the seminal fluid. They are most in season in the summer, and should not be kept long before they are dressed. In winter their fine flavour is lost.

*Of GUDGEONS.*

Common gudgeons are very well known, and are to be met with everywhere. Sea gudgeons have a long roundish body about six inches long, and of various colours ; the tail and fins are of a pale blew ; the head is large and has a double row of small teeth. Gudgeons are a very innocent harmless fish, and may be allowed to weak persons. It is in use at all times, and may be eaten by persons of all constitutions.

*Of SMELTS.*

Smelts are small fish which are bred in the sea, and come up into rivers, particularly the Thames, in the spring season, where they are caught. They are not unlike gudgeons, but have a violet smell, a bright pear colour, are a much greater delicacy, and have a much finer flavour. They make a very innocent dish, and are very far from producing any bad effects, for they may be eaten by weak sickly persons as well as those that are in health.

*Of LAMPREYS.*

Lampreys are of two kinds, the sea and the river lamprey ; these last are very small in comparison of the other. The sea-lampreys advance up the rivers in the spring every year to spawn, at which time they are in season, and are best tasted ; after which they become hard and tough, losing their

fine relish. They have a gristle down the back, but no bones, and are best known by seven holes under their eyes all in a row, which some call eyes. The flesh is soft and clammy, and yet more easily digested than that of an eel, of which kind it is. When properly drest, they yield good nourishment, and produce no bad effects, but they are fittest for persons in health and of hot constitutions.

### *Of SALMONS.*

The salmon is a sea-fish, but comes up the rivers to spawn, growing to a great bulk, for some have weighed thirty six pounds. It is spotted with red or yellow spots, has small scales, a little head, a sharp snout, and a forked tail. It is often caught in the Thames and Severn, but is brought to London, in the greatest quantities, from the rivers of the North, either fresh or pickled. The flesh of a salmon is flakey, sweet, luscious, and extremely well tasted : but there is no fish whatever is harder of digestion, and more apt to load the stomach. However, this inconvenience may be remedied by eating sparingly, and by proper dressing. It is nourishing, strengthening, and restorative, agreeing best with the strong and robust, but is not proper for the weak and sickly.

### *Of WHITINGS.*

Whitings are a thin slender sea-fish, and seldom exceed a foot in length : the scales are small, the back whiter than other fish of this kind, and the belly is entirely white. There is no common fish in higher esteem than this ; for it is of easy digestion, has an agreeable flavour, and may be eaten safely by all sorts of constitutions ; even those that are weak and sickly may feed upon it, without any bad consequence. They come into season in November.

*Of HADDOCKS.*

The haddock is bigger than a whiting, and less than a cod, and beneath the gills there is a black spot on each side, resembling the mark of a finger and a thumb; the flesh eats firmer and dryer than that of a whiting, for which reason it is not so much esteemed. However, it is a wholesome nourishing fish, and with good sauce will make an agreeable dish. They are in season in the beginning of November, and continue for some time.

*Of COD.*

The fish called a cod is of the shape and colour of a whiting, but is somewhat darker on the back, and diversified with yellowish spots: it has scales that stick close to the skin, large eyes, and a thick and fleshy head. Salted cod is brought in great plenty from Newfoundland. When the flesh is fresh and new, it is very agreeable, very nourishing, breeds good juices, and is easy of digestion; but when salted, it is hard of digestion, eating dry and tough. When it is not sufficiently soaked, to take out a part of the salt is very heating; and when it is soaked too much, it becomes insipid and deprived of its juicy parts, leaving nothing but hard indigestible filaments. The longer it lies in salt, the worse it becomes. It begins to be in season in October, and continues for some months.

*Of LING.*

Ling is in shape and colour pretty much like a pike, having small scales, and a long round slender body; it is of the cod-kind, and by some esteemed a delicacy when fresh; but when salted properly, and dried, is reckoned by some the best of all salt fish.

*Of the MACKREL.*

The mackrel is upwards of a foot long, with a thick, firm, fleshy body, but slender towards the tail. The snout is sharp, the tail forked, and the back of a lovely green with black streaks, and the belly of a silver colour. They are caught in great plenty in May and June, continuing in season till they are shotten or have lost their spawn. It is a fish in general esteem, and though eaten freely, seldom or never produces any bad effects. Some think they are more wholesome when broiled than fried.

*Of HERRINGS, PILCHARDS, and SPRATS.*

Herrings are a sea-fish, and universally known throughout Europe. They are either fresh, salted, pickled, or red. Fresh herrings have a fat, soft, delicate and well tasted flesh, which is easy of digestion, and yields good nourishment. There is no comparison between those that are quite new, and those that have been kept some time. Salt herrings are rendered hard of digestion, exciting heat and thirst. The same may be said of red herrings, especially when they are cured so as to be hard and dry; but when they continue moist, and are not over salt, they are much more wholesome. When they are pickled after the Dutch manner, for which purpose we have fisheries lately established, they eat much more agreeably than either of the former ways, and sell at a higher price; but are not without inconveniences when eaten too freely: they are commonly caught, on our coasts, in September, and continue in season till they are shotten. The pilchard is rather shorter than a herring, and the flesh eats somewhat drier, otherwise it is much of the same nature. Sprats are of the same shape, and  
have



have the same properties as herrings, but are much less. The beginning of catching them is generally in December, and they continue in season for some time. They were formerly despised on account of their low price; but this prejudice is got over, and they have made way to the tables of some of the nobility. When they are quite new, they are very good eating. Some take them, but injudiciously, for young herrings.

*Of the STURGEON.*

The sturgeon is a large fish with a sharp mouth like a tube, and without jaws or teeth: it lives in the sea and rivers, but grows fattest in the latter. It weighs from one hundred to two hundred pounds, it has five rows of scales, two on each side, and one on the back, which rise in knobs with prickles. Sturgeons are now and then taken in the Thames and other rivers in England. When the flesh can be had quite new and unsalted, it makes a very fine dish, is very nourishing, and produces solid aliment: When it is salted, it becomes hard of digestion, and unfit for weak infirm persons; though many are very fond of it even then.

*Of the PLAISE, FLOUNDER, and DAB.*

The plaise is a flat fish which sometimes grows to be a foot long, and seven inches broad. The back and fins are spotted with round red spots. The flounder is generally less, and much of the same shape, unless the body be a little longer in proportion when fully grown and somewhat thicker. Some flounders have yellowish spots both on the back and fins. They are caught in rivers, though they are in great plenty in the sea: their flesh nourishes much, and abates the sharp humours of the breast,

breast, because they contain an unctuous and balsamic juice. When eaten freely, they relax the intestines and open the body. The dab is thicker than the plaice, and has scales, but no red spots: the flesh is nourishing, but is not in so great esteem as that of the former.

*Of the TURBOT and HALLIBUT.*

The turbot is a sea-fish, and may be met with at all times of the year. It has no scales: it is sometimes two foot and a half long, and about two broad: the upper part of the body is of an ash-colour, and sprinkled, or as it were marbled, with black spots. It is in high esteem for its goodness and agreeable taste; insomuch that some call it the pheasant of the water: it is easy of digestion, breeds good juices, and nourishes very much. The hallibut seems to bear some relation to the former, it grows to a much larger size, and is for that reason seldom sold by the fishmongers before it is cut in pieces. It likewise differs from the turbot in having scales: the flesh is good eating, but not to be compared with that of the turbot. However, a good cook will be able to dress it so as to make an excellent dish.

*Of the SOAL.*

The soal is a smooth fish, of a longer and a narrower body than the flounder, and grows to a foot in length or upwards. The flesh is more firm and solid than that of the flounder. It yields plenty of nourishment, has a pleasant taste, and is full of good juices. Some call it the sea partridge. There is one thing remarkable of these fish, that they are sold by pairs; for when they are properly sorted, if you lay the belly of one to the belly of another, they will tally exactly; which is true of no other flat fish that we know of.

*Of*

*Of the SKATE and THORNBACK.*

The skate is a smooth fish, and the thornback rough with little round bits of bone which terminate in small points ; besides this, the difference is not considerable. They are very well known, and the flesh is in great esteem as a restorative. When these fish are quite fresh, their flesh is hard, tough, and difficult of digestion ; but by keeping them some days, it is brought to a proper temperature, and becomes excellent aliment : for this reason, in land countries they may have these fish in as good order as those that live by the sea-side.

*Of the GAR-FISH.*

The gar-fish has a long and slender body, with a very long sharp snout : the back is green, the sides and belly of a silver colour, and the head of a bluish green : the under jaw is longer than the upper, and both are armed with very sharp teeth, the upper jaw only is movable. The flesh is hard, dry, and but indifferent eating.

*Of the MULLET.*

The mullet is an inhabitant of the sea, rivers, and lakes. Some are bred in rivers, and others come out of the sea into the mouths of rivers, where they stay some time, and become so fat as to render it less esteemed than those taken in the sea, because the fat is of a bad taste ; and therefore they eat best broiled. The flesh of the sea-mullet is more firm, better tasted, more wholesome, and requires but little seasoning in regard of those before mentioned. Those that are taken in muddy waters are worst of all, and generate bad humours : they agree best with strong healthy people, and are most in season in the autumn and winter.

*Of*

*Of the SHAD.*

The shad is a sea-fish that comes up to the rivers in the spring, and is in season soon after ; for when it first leaves the sea, it is meagre, dry, and ill-tasted, but when it has been in the fresh water some time, it become fleshy, fat, and of a better taste. It is of the herring kind, and is at best but a boney indifferent fish. Some, to mend them, notch them deeply on the sides, and then lay them to broil over a hot fire ; by this means, they affirm, the bones are consumed, or at least cease to be troublesome, and eat abundantly better. The Severn shad are quite another sort of a fish.

*Of LOBSTERS, CRABS, and CRAWFISH.*

These though different as to shape and the places where they inhabit, are much of the same nature, and yield the same kind of nourishment. They are very restorative, and a proper diet for emaciated consumptive persons. Crawfish soup has been long famous for disorders of the breast, and for supporting the strength of the weak and feeble. It is certain that the juice of all these animals is unctuous and balsamic, and the flesh proper to help ulcers in the throat and lungs, to promote urine, and to purify the blood. Lobsters and crabs should be fresh caught, and fleshy. It is said they are not in season in those months with an R in them.

*Of OISTERS.*

Oysters are of as many different kinds as the places from which they are brought : Those in highest esteem are the Milton ; then Colchester, Queenborough, &c. They should be chosen of  
middle

a middle size, fat, plump, and full of liquor. Oysters sharpen the appetite, promote urine, open the body, and are great provocatives. Eaten moderately they are very wholesome, and good in all consumptive cases, because they nourish very much. They are best raw ; for when roasted, scolloped, or boiled, they are more hard of digestion. They are in season in cold weather, or, according to the common saying, when there is an R in the month. But the truth is, in the summer time, when they cast their spat or spawn, they are lean and sickly ; and if no regard was had to this, they would never be eatable between the tropicks, which is contrary to all experience. .

### *Of MUSCLES and COCKLES.*

Muscles that are fat, white, and new, are very nourishing, and very easy of digestion. They are never eaten raw, but are put in a sauce-pan over the fire to stew in their own liquor till they are all open, and then they are done enough. It is well known that some, after eating muscles, have been so puffed up and swelled as if they had taken poison : the speediest remedy in this case, is a vomit with oily fat things. Some attribute this effect to a small crab which is sometimes found in these shells ; but those that are taken near Copperas or Brass works will always produce this pernicious accident : otherwise they appear to me to be very wholesome, never overloading the stomach, nor causing the least inconvenience. They are best in cold weather, and when taken in or near the sea. Cockles are of the same nature, and are equally nourishing, but they give some trouble to clear them from the sand. They are never eaten raw.

*Of TORTOISES or SEA-TURTLES.*

Tortoises are reckoned a delicacy abroad, and are often imported into this nation, with intent to feast particular persons. There are several sorts, but the green and loggerhead are most in vogue. They lay a prodigious number of eggs of the size of a hen's, which are eaten very greedily by sailors. The flesh of a tortoise has a very agreeable taste, and resembles beef, though others say veal : the fat looks green, is very sweet, and sits easy on the stomach, though it will sometimes happen that those who are not used to this kind of meat will find it a little purgative at first. It is very nourishing, restorative, and very proper for consumptive persons. They are of different sizes according to their age, and some have weighed four hundred pounds. In Jamaica it is to be found in the markets like beef or mutton, and is reckoned useful against the scurvy, gout, leprosy, French pox, and many disorders of the skin.



*Of ALIMENT taken from*  
**VEGETABLES.**

*Of STRAWBERRIES.*

**T**H E R E are two sorts of strawberries, those that grow in gardens, and those that will not. The garden strawberries are best, and most in esteem, of which some are red, and some are white. They should be chosen large, ripe, full of juice, with a fragrant smell, and a vinous taste. They are cooling, quench thirst, promote urine, and

and take off the heat of the stomach. They may be eaten after dinner with cream, and sugar, or with wine, without any prejudice, avoiding excess. They are very useful in hot weather, especially to those of warm constitutions.

*Of RASBERRIES.*

Rasberries have much the same nature as strawberries, and should be chosen large, juicy, and agreeable to the taste and smell. They are cooling, cordial, and strengthen the stomach when eaten moderately. The juice mixt with sugar, is very good to abate the heat in fevers. Rasberries infused in wine, impart a delicious taste and smell. In general, they are very good for hot bilious persons, whose blood and humours are in commotion.

*Of GOOSEBERRIES.*

Unripe gooseberries have an acid, austere taste; for which reason they are cooling and binding; as also very useful in sauce, to quicken the appetite; but eaten raw, they are hurtful, void of all nourishment, breed wind, and are bad for cold stomachs. When ripe, they are soft, sweet, of an agreeable taste, and lose their binding quality. They are apt to corrupt in the stomach, and therefore should not be eaten too freely.

*Of CURRANTS.*

Currants are red, white, and black. The two former are of the same nature, and are proper to abate internal heat, to restrain the commotions of the blood and humours, to strengthen the stomach, to excite the appetite, are very useful in bilious loosenesses and fevers; as also in hæmorrhages, from a dissolution or effervescence of the blood.

Some

Some think them rather too sharp for the stomach ; but a little sugar will remedy that inconvenience. Black currants have many physical virtues, for they promote urine, and are useful in the gravel and stone. Some commend them in the wandering gout, convulsions, and the palsey. The gelly made with the juice has done wonders in curing the quinsy or inflammation of the throat. A little of it should be swallowed frequently.

### *Of* CHERRIES.

Cherries are of several sorts, such as the common red cherry, the black cherry, the great and small, white-heart, the black-heart, the bleeding heart, and the morello. Black cherries are a very wholesome fruit, and the least apt to surfeit of any. They have been recommended by many physicians against diseases of the head and nerves, which shows they are very far from prejudicing health. Black-cherries have been brought into disrepute from the poisonous effects of their distilled water, which have been lately discovered. But as this may be owing to the manner in which it was made, it certainly deserves farther consideration. The common cherries are cooling, quench thirst, temperate the bile, and keep the body open. Their juice mixt with water, and sweetened with sugar, make a very agreeable drink in hot weather, is grateful to the stomach, and useful in fevers. They are bad for those that have a weak stomach, which abounds with acid humours, or who are troubled with loosenesses.

### *Of* APRICOTS.

Those apricots are best that are large, fleshy coloured, ripe, and which part easily from the stone. They are agreeable to the stomach, excite  
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the appetite, promote urine, and are very proper for young persons of hot constitutions : but they are bad for the cold and moist, and those that have weak stomachs, for they corrupt therein. When eaten immoderately, they fill the stomach with wind, yield a watry nourishment, and by that means render the blood poor, breeding nervous fevers.

### *Of PEACHES and NECTARINES.*

Nectarines differ in nothing from common peaches, but in the smoothness of the rind, being entirely of the same nature. Some divide peaches into those that part readily from the stone, and those that do not. These last are more soft, mucous, and watry than the former, and consequently are not so good. The best have a fine smell, an agreeable lively taste, and look beautiful to the eye. They cool, moisten the body, and like other summer fruits, yield very little nourishment. When eaten immoderately, they breed crude juices, colicks, loosenesses, the bloody flux, and nervous fevers. They are hurtful to cold constitutions, and to those who have weak, cold stomachs.

### *Of P L U M B S.*

The kinds of plumbs are almost innumerable, and differ as to size, colour, smell, and taste. They are generally best that part readily from the stone, but the palate is the principal judge of their goodness. In general, they are cooling, excite the appetite, and quench thirst. They are very good for young persons, and those that are of a hot and dry constitution. But they are bad for those that have weak stomachs, for they weaken the tone of that part, produce loosenesses, which often turn to a bloody flux. Therefore old persons, and those that abound with phlegm, ought to abstain

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from

from them entirely. If we observe those years in which this fruit is very plentiful, we shall find bloody fluxes, nervous and putrid fevers to be very common among low people.

### *Of APPLES.*

Apples are of so many kinds, it would take a volume to treat of them distinctly; I shall therefore range them according to their taste and smell. Those that are fragrant and sweet, with a little tartness, are esteemed very wholesome, because they agree with cold weak stomachs, and are refreshing and nourishing. Sour apples are cooling, and are suitable to a stomach that is full of gross viscid humours, because they are inciding and cleansing: However, they breed wind, and when eaten too often raw, they are hurtful to the nerves. Those that are watery, and have an insipid taste, corrupt readily in the stomach, and are little worth. Those that have a rough taste, and are of a firmer consistence, pass slowly through the body, are strengthening, and occasion costiveness. All unripe apples are bad, hard of digestion, and prejudicial to health: from the eating of these, children and woman are afflicted with various diseases, especially worms, colics, and weakness of the nerves. Apples should be eaten with great moderation, and are best coddled or roasted.

### *Of PEARS.*

There is a greater variety of pears than apples, of which those are best which have a sweet rich vinous taste. The rough and styptick are hard of digestion. Some have this quality to such a degree that they cannot be swallowed but with the utmost difficulty, and therefore they are called Choak-pears. The unripe are hard of digestion, and unwhol-

unwholesome. Even pears in general are reckoned enemies to the nerves, when eaten immoderately. This appears from the diseases that afflict women and children, who swallow all sorts without distinction in a plentiful year. They yield more nourishment than apples, but it is of a bad sort, and is apt to cause nervous fevers, by impoverishing the blood. Some pears that are hard and unfit to eat raw, become very useful when stewed with a little spice.

### *Of F I G S.*

There are several sorts of figs, which differ in shape, size, colour, and taste. They ought to be chosen soft, juicy, ripe, and of a sweet delicious taste. In hot southern countries they are greatly used as aliment as well as dates. They are easy of digestion, yield moderate nourishment, have a detergent faculty, and are useful in disorders of the breast, kidneys, and bladder. If eaten too frequently, they are windy, deprave the blood, defect the strength, and breed obstructions. Dry figs imported from abroad are most used in physick, for they are good in disorders of the breast and lungs; coughs, and the asthma. When eaten before dinner, they open the body, and cleanse the breast from thick humours and the kidneys from gravel.

### *Of Q U I N C E S.*

Those quinces are best that are ripe, fleshy, and have an agreeable smell. They should never be eaten raw, because then they generate wind, and cause crudities. They are best made into marmalade, for this strengthens the stomach, stops vomiting, is good in loosenesses, and profuse bleeding of all kinds: it is suitable to all ages and constitutions, provided it be taken moderately.

*Of POME GRANATES.*

There are three sorts of pome granates, the four, the vinous, and the sweet. The four strengthen the stomach, stop vomiting and loosenesses, sharpen the appetite, and abate the heat of fevers : but they are bad in disorders of the breast, and are hurtful to the teeth and gums. The sweet are cooling, moistening, abate the sharpness of acrimonious humours in the breast, and are useful in coughs. These and the vinous agree with all ages and constitutions, provided they are used with moderation. The four are best in hot weather, and are most suitable to persons of a bilious constitution ; but are hurtful to old persons, because they render the breathing difficult.

*Of M E L O N S.*

The flesh of melons is moistening, allays the heat of the blood, cheers the spirits, is easy of digestion, and yields good nourishment when eaten with moderation ; but when it is fed upon with excess, it generates crudities and causes violent colics, which are often followed with a very violent looseness, or the bloody flux, which are hard to cure. Sometimes the immoderate use of melons is succeeded with quartan agues, which are very obstinate. Besides, old persons, who are of a plegmatic or melancholic constitution, ought to abstain from them. However, the bad effects may be prevented by eating them with salt and pepper. Some strow sugar over them, and drink freely of generous wine afterwards.

*Of CUCUMBERS.*

The world has been greatly divided in their opinions about cucumbers, some thinking them absolutely unwholesome, while others praise them above measure. The truth is, they are hard of digestion of themselves, are apt to rise in the stomach, and cool too much. However, they are very good in the hot scurvy, by abating the acrimony of the humours, and by absorbing the hurtful salts of the blood. When they are seasoned with a little vinegar, oil, and pepper, they sit easy on the stomach, and are attended with no bad consequences, let a person's age be what it will. A famous author, and skilful herbalist, continued eating them till sixty, without the least inconvenience, and did not leave them off then. The shaking them between two plates, to get out the juice, is a superfluous labour, for it is not at all noxious.

*Of GOURDS.*

The pulp or flesh of a gourd was said by the antients to be nothing but coagulated water. It is cold, moist, yields little or no nourishment, relaxes the stomach, and take away the desire of drinking. Therefore it may be useful to the hot, and is noxious to the cold. But as it has a dead insipid taste, is is seldom brought to the table.

*Of CITRULS.*

Citruls have a near relation to gourds, and the pulp is eaten either raw or boiled. It yields little nourishment, renders the blood watry, abates the inflammation of the internal parts, and temperates the heat of the bile. Those that think it worth their trouble, cook them in various manners, and boil, fry, or roasted them with butter, salt, onions, spices; and sugar. They are best in hot weather, for those that are young and of a bilious constitution.

*Of ORANGES.*

Those oranges are best which grow in hot countries, for the sun renders the juice more mellow and fit for use. The pulp of China-oranges is cooling, quenches thirst, and helps the appetite. The juice of Seville-oranges is acid, and much more wholesome for sauce, or to make punch, than that of lemons; though no acids are good for coughs and consumptions. Being diluted with water, and sweetened with sugar, it makes Orangeat, which is a very agreeable drink in hot weather, to quench thirst, to temperate the heat of the blood, and is very useful in fevers, as also for those that are troubled with the scurvy. The peel helps digestion, strengthens the stomach, renders the humours fluid, discusses wind, eases the colic, promotes womens monthly courses, and kills worms. The rind of orange peel, either dry or fresh, made into a tincture with spirit of wine, is very good for the same purposes, and makes a very good bitter. Thirty grains of the peel; reduced to powder, may be taken at a dose.

*Of CITRONS and LEMONS.*

Citrons are not used as aliment, but as sauce, being cut into quarters, and squeezed over meat, having both an agreeable taste and smell. The juice is an agreeable acid, excites an appetite and helps digestion, provided the use of it be moderate. It is cooling, promotes urine, and is excellent in the scurvy. It stops vomiting caused by bilious humours, and is good in palpitations of the heart. The outward yellow peel has a fine aromack smell; being full of essential oil: being chewed, it mends the breath; by its bitterness it strengthens the stomach, kills worms, discusses wind, and digests crude humours in the stomach and intestines. Lemons are akin to citrons, but the juice is more  
sour,

four, and consequently more cooling. It is put to the same uses as citron or orange juice, but is less friendly to the nerves, and is more apt to irritate the lungs to coughing. Lemons are less than citrons, the peel is thinner, and the juice in greater plenty. The peel has the same virtues. The juice, water, and sugar make lemonade or sherbet.

*Of RAISINS and CURRANTS.*

Raisins and currants are of the same nature, and abound with a sweet juice, which is very nourishing. They keep the body open when stoned, increase the appetite, are good in diseases of the breast, and cure a hoarseness. Eaten with their stones, they are more binding, help digestion, and are good in fluxes. They are bad in inflammatory fevers, because they increase the effervescence of the humours. Their too frequent use is bad for the gums, and disposes them to grow rotten.

*Of MULBERRIES.*

Mulberries, before they are ripe, are rough and astringent, and are used in gargles for ulcers of the mouth, and disorders of the throat. When they are ripe, they are cooling, moistening, quench thirst, open the body, soften the humours of the breast, and promote expectoration or spitting. They are apt to be windy, are bad in the colic, and to cold and moist constitutions.

*Of MEDLARS.*

Medlars are fit to gather in September, but they seldom grow ripe on the tree, and therefore they are laid on straw, till they grow soft, and are fit to eat, otherwise they would be hurtful to the stomach, to which at the best they are not very friendly. They are said to stop vomiting, to be good in fluxes, and to prevent drunkenness. The riper they are the less astringent they become.

*Of SERVICES.*

There is a great affinity between services and medlars, and they have much the same properties ; for they are astringent, stop vomiting, fluxes, excessive bleedings, and help an offensive breath. They should be ripe, well tasted, and of an agreeable smell. They do not ripen on the tree like other fruits, but are gathered in the autumn, and laid upon straw, till, from being hard, rough, disagreeable, they become soft, sweet, and delicious. They are proper in the winter for hot constitutions, and a weak stomach, provided they are used moderately ; for if they are eaten to excess, they breed gross humours, ferment in the stomach and guts, causing colics and gripings.

*Of BARBERRIES.*

Barberries are rather a medicine than an aliment, and are accounted cooling and binding. They restrain the effervescence of the humours caused by the sharpness and heat of the gall ; they cure bilious fluxes, strengthen the stomach and intestines, restore a decayed appetite, are helpful in fluxes, and stop bleeding from the acrimony of the humours, and the dissolution of the blood. They are not proper for those that are troubled with a pain in the stomach, or who are afflicted with, or who have a weak breast or a difficulty of breathing.

*Of WALNUTS.*

Walnuts have an agreeable taste while they are new, but in proportion as they grow old they become oily, rancid, disagreeable, and prejudicial to health. The excessive use of the best, will cause a stubborn costiveness, and bring on the iliac passion. They



They are hard of digestion, occasion a cough, bring on a hoarseness, and a heaviness of the head. When they are dry, they should be steeped in water, and then the skin will readily come off.

#### *Of FILBERDS and HAZLE-NUTS.*

Filberds and hazle-nuts are more nourishing than walnuts, and they are best when they are not quite ripe, because they are then more moist, and more agreeable to the palate; but they are never digested in the stomach. When they are full ripe, and have been kept sometime, they become more wholesome. When they are eaten too freely, they render the head heavy; and if they are taken soon after a meal, they cause thirst, and a troublesome inflation. It is a common opinion, that they cause shortness of breath, and bring on the asthma.

#### *Of ALMONDS.*

Fresh sweet almonds are nourishing, but not much, and they sit heavy on the stomach of many whose digestive faculty is weak. Therefore the best way is to chew them very small, otherwise they will pass unchanged through the body. They are given to sick persons to thicken thin humours, to render those that are sharp soft, and to restore the flesh of those that are in a waste and a consumption. They should be chosen fresh, not rancid, yellow and smooth outwardly, not wrinkled, very white within, and of a sweet agreeable taste. An emulsion made with sweet almonds is given in burning fevers, watching, heat of urine, inflammations of the kidneys and bladder, all sorts of pains, fluxes, and bleedings. Bitter almonds are seldom used inwardly, and the oil that is expressed from them is like oil of sweet almonds. They are poison to dogs, foxes, and many other animals which die in convulsions.

*Of*

*Of PISTACHIO-NUTS.*

Pistachio-nuts should be chosen heavy, full, fresh, of an agreeable smell, and a sweet aromatic taste. They are agreeable to the palate and stomach, and yield plenty of nourishment, but somewhat gross. They are restorative, and very proper for those that are emaciated, or have lost their flesh. They are opening, strengthening the stomach and other bowels. They are good in coughs and consumptions, because they abate the acrimony of the humours. When they are used immoderately, they are said to be heating, otherwise they agree with all constitutions.

*Of PINE-APPLE KERNELS.*

Pine-apple kernels should be fresh, large, white, and tender. They are very nourishing, but a little hard of digestion; they are useful to lean consumptive people, because they cleanse the lungs, and heal the ulcers. They likewise sheath the salts of the blood and humours, and on that account are good in heat of urine, and stranguaries, as well as in ulcers of the kidneys and bladder. They increase milk, and the seminal fluid.

*Of CHESTNUTS.*

Chestnuts are never eaten raw, but roasted either in a pan over the fire, or under the ashes. In some mountainous countries they are used instead of bread: However, let them be cooked which way they will, they are windy, hard of digestion, yield gross nourishment, and are fit only for those that are strong, and lead a laborious life. Therefore they should be used with great moderation, especially by those that are troubled with the gravel, the colic,  
lic,

lic, and obstructions of the bowels. However, they are good in fluxes, and for those that spit blood.

### *Of OLIVES.*

Olives, before they are pickled, are rough, bitter, and have a very nauseous taste; but after they are prepared with salt, vinegar, and water, they are agreeable enough, especially to those who are accustomed to eat them. They serve to whet the appetite, to strengthen the stomach, and to free it from gross plegm. They are very innocent, for they produce no bad effects, unless used to excess. However, pickled olives are not agreeable to every palate; and I have known some take a great deal of pains to conquer their aversion to them, because they would be in the fashion.

### *Of DATES.*

Dates are the fruit of a palm-tree which grow in Arabia, Syria, Africa, and other places, in some of which they are used instead of bread. It is said the best are brought to us from Tunis, which are sold at high price, and are used only as a sweet-meat. Therefore their virtues as an aliment are not worth mentioning. They are a little binding, strengthen the stomach and are good in fluxes of all kinds. They are good in coughs, thin catarrhs, and sheath the sharpness of the humours. They are useful to cleanse the lungs, and bring up the obstructing matter without difficulty.

### *Of CAPERS.*

The capers that are brought to us are pickled, and borrow their taste from the liquor with which they are prepared. They serve to excite a languid appetite, but are of themselves difficult of digestion.  
Some

Some give them a beautiful green colour by pickling them in a copper vessel, and by that means infect them with the poisonous quality of that metal. Therefore they should not be chosen of too lively a colour, for then they may justly be suspected.

### *Of* B E A N S.

There are several sorts of beans, but they are all of the same nature, and therefore need not be treated of distinctly. They are hard of digestion, and are very proper food for persons who undergo hard labour, because they yield plenty of gross nourishment; but are too strong for those that lead sedentary in active lives. They are windy, distend the belly, breed the colic, render the head heavy, the sight dull, and blunt the faculties of the minds. Most are fond of young beans, but they are not so wholesome as those that are old, however agreeable they may be to the palate. They should not be eaten at all by those of delicate constitutions, or who are troubled with the stone, the colic, a pain in the head, or costiveness.

### *Of* P E A S E.

Pease are a very common aliment, and yield plenty of nourishment, which agrees very well with persons of a robust constitution, and who use much exercise. When they are green and young, they are much easier of digestion than when they are old and dry. They are laxative, windy, and unfit for weak stomachs. They are of great use for sea-faring people, because when they come on shore, after long voyages, and eat raw green pease, they yield great relief in the scurvy. They agree very well with persons of all constitutions whose stomachs will digest them.

*Of KIDNEY-BEANS.*

Some give kidneys-beans the name of French beans, but improperly. When these are young, and boiled in the pods, they yield good nourishment, and are more easy of digestion than pease, agreeing well with most constitutions. Some say they are heating, and most suitable to the young and robust; but if we consult experience, we shall never find any complaints from the use of them; which is the greatest demonstration of their being wholesome. They are opening, emollient, promote urine, and are good in the gravel.

*Of LENTILS.*

Lentils are in no esteem for food among us, though in some countries they live upon them, where they can get nothing better. If they were sown in the fields, they would make a fodder for cattle.

*Of RICE.*

Rice serves instead of bread in the greatest part of Africa and Asia, being the chief and almost only aliment in some countries; therefore we must be obliged to desert the opinions of some physicians, who pretend to talk of its bad qualities. It is very temperate, yields wholesome nourishment, and is thought to be a little binding, but not so much as to produce any inconvenience. Perhaps the small degree of this quality, may be owing to its sheathing sharp humours in the stomach and intestines. It is very proper nourishment for those that are brought low by loss of blood, as well as for consumptive and hectic patients, because there is nothing more efficacious to abate the acrimony of the blood.

*Of GROATS and OATMEAL.*

Oatmeals is groats coarsely ground; and groats are decorticated oats. These are good in coughs, sheath the acrimony of the blood, temperate heat and carry off hurtful salts by the urinary passages. Water-gruel has the same uses, and may be drank in catarrhs, hoarseness, coughs, roughness of the throat, and when there are small ulcers therein; as well as in all acute fevers, and other disorders that require a low diet.

*Of MILLET.*

Millet is a small seed brought from the eastern parts of the world, and is much esteemed by some for making of puddings. It is used as aliment, in some countries, boiled in milk. It is said to be emollient, cooling, and anodyne, to be useful in obstinate coughs, and disorders of the breast. It is not so good as rice.

*Of BARLEY.*

Barley, in whatever manner prepared, never heats the body, but is cooling and cleansing. It is moistening when boiled, and drying when parched. Some people formerly made bread of barley, as they do at present in times of dearth. It is not so nourishing as wheat, is harder of digestion, and yields less aliment. Pearl barley made into a ptisan with water, has much the same virtues as water gruel, but is not quite so nourishing.

*Of BREAD.*

Bread is commonly made of wheat-flour reduced into dough with water and yeast, and baked in an oven.

oven. It is an aliment that no nation is without, except the Tartars, who neglect it entirely, and neither have bread, nor any thing to answer its use. I do not mean that other nations have this composition in the same manner with us, but that they use some vegetable which answers the same purpose. Thus the Indians and Chinese substitute rice, the Arabians near the Euphrates dates, and the Circassians a certain small seed which they call Gom. Bread is so necessary with us, that we know not how to live without it, because we eat it with almost every thing else.

We are told that in the early ages, men made bread of acorns, as they do at present of dates and chesnuts. In America they use a root called cassavi, and in our plantations Indian corn. In the Molucca islands they make it of the pith of a tree, and call it sagoe. The Laplanders dry their fish for the same purpose, as do some of the inhabitants in the Gulph of Arabia. But we, in these parts of the world, prefer wheat bread to all others, as most agreeable to our constitutions. Some make their bread of rye, and some of wheat and rye mixt, which renders it more laxative, but it is not so nourishing. Barley bread, as was observed above, does not afford such plenty of aliment, nor is it so wholesome as wheat, and therefore it is not eaten where the other sort is to be had. In some parts of this island, they live upon oat-cakes instead of bread; but this food disturbs perspiration, and makes them subject to diseases of the skin. In Italy they make a paste with wheat-flour, water, sugar, saffron, and the yolks of eggs, which are formed in threads like worms; and this they call vermicelly: this serve with us to make soups; it should be chosen fresh, dry, and of a good colour.

*Of CABBAGES, CAULIFLOWERS, and COLEWORTS.*

Cabbages, cauliflowers, and coleworts are all of the same nature, which is very bad if you will believe some physicians ; they tell you that they are hard of digestion, yield little nourishment, breed melancholy, puff up the belly, fill the head with fumes, dull the senses, and cause troublesome dreams. But consult those who live very much upon them, and you will find no such effects : besides, the antient Romans for six hundred years make use of them against all sorts of diseases. However, we cannot deny but some particular persons may find cabbage disagree with them, and so they may any thing else. Experience, in this case, is the only judge, and it will be no hard matter to abstain from any aliment we find prejudicial to our health. Broth or soup made with cabbage keeps the body open.

*Of ARTICHOAKS.*

Artichocks are easy of digestion, and by a small degree of stypticity strengthen the stomach : they yield a gross flatulent juice, and are on that account looked upon by all as provocatives. Some say they are cordial, open obstructions, cleanse the blood, and promote urine. They are never to be eaten raw, for then they have bad effects.

*Of ASPARAGUS.*

Asparagus excites the appetite, promotes urine, to which it communicates a strong smell, and yields but little nourishment. When taken to excess, it is heating, and renders the humours acrid.



*Of HOP-TOPS.*

The shoots of this plant commonly called hop-tops, boiled like asparagus, and eaten with butter, loosen the belly, open obstructions of the bowels, cleanse the blood, and render it more fluid, whence it is thought to be a remedy against breakings out, and other disorders of the skin. The use of hops to preserve malt liquors, and to render them more palatable is known to all the world.

*Of LETTUCES.*

Lettuces are of several sorts, but the virtues are nearly the same. They are good to appease the heat and commotions of the humours, to allay the heat of the stomach, liver, kidneys, and other bowels: they likewise relax their fibres, when they are too crisp and tense; insomuch that by restoring their functions, they procure sleep. They soften the belly, and are good for those that are subject to costiveness, either eaten raw or boiled; as also for those that are troubled with the scurvy, vapours or hypochondriac and melancholy diseases. If they produce any bad effects at all, it must be to those that are of weak phlegmatic constitutions.

*Of SUCCORY.*

Garden-succory is much of the same nature as lettuce, and therefore needs not be repeated; wild succory is of excellent use as a salad, and as a medicine. It thins gross humours, resolves those that are sily, strengthens the solids, promotes the secretions, gives a fresh colour to the face, abates the heat of the bowels from obstructions with sharp humours. Hence it is good in the jaundice, cachexy, quinsy, and inflammation of the lungs. In which last cases

three or four ounces of the juice should be taken every third or fourth hour.

*Of B E E T S.*

Beet is either white or red; the leaves of the former are used, and the root of the latter: They both are said to promote urine, loosen the belly, increase milk, purify the blood, and open obstruction. However, they are not easy of digestion, and are a little windy. The juice snuffed up the nose, causes sneezing, and by purging the head of watry humours, cures defluxions, and the head-ach.

*Of BORAGE and BUGLOSS.*

Bororage is a temperate herb, and yet it is cordial; cheers the spirits, and drives away melancholy. It cleanses the blood, renders it more fluid, opens obstructions, promotes urine, and helps expectoration. It is good in all internal heats, which tend to an inflammation, in the palpitation of the heart, cachexy, and suppression of the monthly courses from thick humours, when hotter medicines would do harm. Bugloss is astringent, and good in all sorts of bleedings, spitting of blood, the bloody flux, and the whites in women. As also in bruises, falls, internal wounds, and ulcers. These herbs are generally mixt together to put into a cool tankard.

*Of M I N T.*

Mint is of several sorts, but but they have all the same general virtues. They are of excellent use to restore the faculties of the stomach, to help digestion, to stop vomiting, and to prevent any thing from rising after it is eaten. They are useful to promote urine, to ease the wind colic, to open obstructions of the bowels, and consequently they strengthen the heart, brain, and nerves.

*Of*

*Of SORREL.*

Sorrel is acid, cooling, restrains commotions of the blood, and renders it less fluid; whence it abates the heat of the bowels, corrects choler, quenches thirst, whets the appetite, and resists putrefaction. It is also useful in fevers, especially of the pestilential sort. It makes a very useful sauce in hot seasons, and agrees best with persons of a hot constitution.

*Of BURNET.*

This is a sallad herb, but is not very easy of digestion, especially if eaten in too large a quantity. It is good against the gravel, and is very serviceable against bleedings of every kind: for which purpose it may be given in decoctions or powder, after it has been dried in the shade.

*Of PARSELY.*

The leaves and roots of it are in use; the chief virtues are to open obstructions of the bowels, to promote urine, to cleanse the kidneys, and to dissipate wind. They have a tendency to promote women's monthly courses, and to drive back the milk, the leaves being bruised, and laid to the breasts. The free use of it causes disorders of the head, unless the constitution, is cold and phlegmatic.

*Of TARRAGON.*

The chief use of tarragon in sallads, is to correct the coldness of other herbs. It agrees well enough with those that have a cold stomach, for it is very hot, and by that means excites the appetite, disperses wind, opens obstructions, promotes urine and the menses; being chew'd, it provokes spittle

like pelitory of Spain, by which it cures the tooth-ach, and purges a moist brain. Those who have hot bilious constitutions must use it very sparingly.

### Of L E E K S.

Leeks have been censured as being pernicious aliment, but without reason when they are boiled ; for then they agree very well with persons who have thick gross humours, with phlegmatic constitutions, and with old persons. They promote urine, the menses, and sometimes cure barrenness. A syrup made with it, is good to promote expectoration, and is serviceable in the moist asthma.

### Of ONIONS, SHALOTS, and CHIVES.

Onions are eaten raw by many persons, especially sailors and country people, which makes their breath offensive. This may be avoided by boiling them ; for then they lose their acrid taste and smell. They revive a languid appetite, and agree with a stomach that abounds with thick cold clammy humours. They promote urine and the menses, but yield little nourishment. When eaten too freely, they cause thirst, pains in the head, and excite troublesome dreams. They are provocatives, inflame the blood, and are hurtful to bilious constitutions. Shalots have the same effects with onions, though in a lesser degree, for they are milder. Chives are of the same nature as the former, but are not so strong. They are sometimes mixt with sallads to quicken their taste. They are not easily digested, for which reason they fill the stomach with wind.

*Of GARLICK and ROCAMBOLE.*

Garlick is very much used in some nations, while others have it in great abhorrence. It yields very little nourishment, and that not good. It is no way suitable to persons of warm or bilious constitutions, but may be allowed to persons of weak stomachs, to help digestion and excite the appetite. Soldiers, sailors, and rusticks are free with it to correct bad aliment. It resists putrefaction, promotes urine, cleanses the kidneys, cures the wind-colic, and kills worms. It promotes expectoration in the moist asthma, and will sometimes carry off the water in a dropsy. The too frequent use of garlick inflames the stomach and bowels, creates thirst, heats the blood, breeds wind, causes the head-ach, and hurts the eyes. The juice is good for burns. Rocambole has the same properties, but weaker.

*Of CHERVIL.*

Chervil is a fallad herb very agreeable to the smell, palate, and stomach. It is opening, attenuating, and inciding; promotes urine, cleanses the kidneys, brings down the menses, opens obstructions of the bowels, dissolves clotted blood occasioned by falls, heals disorders of the skin, is very useful in chronic diseases, and performs wonders in the dropsy. In these cases, three or four ounces of the juice must be taken every third or fourth hour.

*Of PURSLANE.*

Purslane is cooling, cleanses the blood, abates the sharpness of humours in the breast, and is very useful in the hot scurvy. It agrees best with young persons, and those of a hot constitution.

*Of MARJORAM.*

Marjoram is an aromatic pot-herb, and is good in diseases of the head and nerves. It disperses wind, and is mixt in cephalic snuffs. It is very heating, and therefore the use of it ought to be sparing. It is good for persons of a phlegmatic or melancholic constitution.

*Of THYME.*

Thyme has a sweet smell, and a warm penetrating aromatic taste. It strengthens and rarifies sily humours, helps digestion, and is good in the asthma. It is of great use in the kitchen as a wholesome herb, which agrees well with persons of a weak stomach, with the phlegmatic and the old. It heats too much for those of a bilious constitution, and therefore they should use it cautiously.

*Of CRESSES.*

Garden cresses is much used in sallads, because it is not only agreeable to the taste, but promotes the digestion of the rest, by strengthening the stomach. It incides gross humours, and opens obstructions of the liver, spleen, and womb. Besides which, it is a good remedy against the scurvy. Persons of hot constitutions should not use it too freely. Water-cresses is excellent against diseases of the skin caused by the sharpness of the lymph, as well as in scurvies, dropsies, and hypochondriac disorders.

*Of SPINAGE.*

Spinage is entirely a kitchen herb, and is very innocent; for though it is a little cooling, it may be eaten by all persons without danger. It keeps the body open, and is not bad in coughs.

*Of*

*Of CELERY.*

Celery is opening, excites the appetite, dissolves gross phlegm in the stomach, dispels wind, and is good for the diseases of the womb. Yet some women have an aversion both to the smell and taste.

*Of CORN-SALLAD.*

Corn sallad is cooling, and cleansing, being much of the nature of lettuce. It is very serviceable in the rheumatism, scurvy, gout, and hypochondriac diseases.

*Of MUSHROOMS or CHAMPIGNONS.*

When mushrooms or champignons that are fit to eat, first appear out of the earth, they are round like a button, and afterwards open by little and little, shewing the red or flesh coloured part underneath consisting of thin membranes or plates: the upper part is smooth and white, and the inside or flesh, when broke, is exceeding white: the stalk is short and thick. Before they begin to open, the taste and smell is good, which is the best time for gathering them; because when they are old, they have a strong smell, and change to a dark colour. They rise spontaneously in the fields and woods, generally after rain. The gardeners have a method of raising them from beds of horse-dung. There is a poisonous sort which are often mistaken for the former, and even the wholesome have bad effects, if eaten too freely. When any are poisoned with them, the best remedy is large quantities of milk and oil.

*Of MORELS.*

A morel is a kind of early champignon, which is sometimes of the size of a walnut, and is pitted on the outside like a honey-comb. This is the sweetest and best of all fungous substances; it excites the appetite, increases the motion of the blood, and revives the spirits, but yields little nourishment. The frequent use of it is said to be hurtful to hot constitutions.

*Of TRUFFLES.*

A truffle is a kind of fungus, found in the earth, which hogs are very fond of, and in some places they discover them by their means. It has neither roots nor leaves, is rough and dark coloured without, but white and fleshy within. Some have been found of a pound weight; but the best are middle sized, plump, hard, of a sweetish taste, and agreeable smell. They are said to be restorative, provocative, to strengthen the stomach, and to agree best with cold constitutions. They may be found in greatest plenty after rain in the autumn.

*Of POTATOES.*

Potatoes were originally brought from America, but not from Virginia as some have asserted; for their potatoes are as long as a child's leg and thigh, and not unlike them in shape, being probably what are called Spanish potatoes. The French call them topinamboes, from a country near the river of the Amazons, from whence they had them. They likewise grow wild in Brasil. No root ever came so much into use as this, for some poor people almost live upon them a great part of the year; which is a demonstration they are very nourishing, without any  
bad



bad qualities. They are proper aliment to abate the acrimony of the blood and humours, as also to help the disorders of the breast and lungs. It is pity we have no account who it was that first brought them into England.

*Of the RADISH and HORSE-RADISH.*

Common radishes are only fit for use, when they are young, and easily broken. They promote urine, cleanse the kidneys, and whet the appetite; but they are apt to rise again on the stomach, which is very disagreeable to many. Horse radish is used only as a sauce to aliments, but may be made good use of in physick upon many occasions. It cleanses the stomach, promotes urine, and is good in the dropsy, the scurvy, a hoarseness, and a moist cough. The decoction of horse-radish in milk, is excellent for the wandring gout, and old rheumatic pains. It must be taken for a month early in a morning in bed, and the dose may be increased or diminished according to its effect; outwardly made into a liniment, it is good in palsies of the limbs and pains of the scurvy.

*Of TURNEPS.*

Good turneps contain an oily balsamick juice, very useful to absorb the acrid salts of the blood and humours; and therefore yield very proper nourishment for those that are young, or to hot constitutions. The water that is squeezed out of boiled turneps, sweetened with sugar, is very good for a hoarseness and diseases of the lungs. Turneps are a little windy, especially when the stomach is weak.

*Of CARROTS and PARSNIPS.*

Carrots and parsnips are very useful roots, because they are very temperate, nourishing, and agreeable to all ages and constitutions. However, some have a natural antipathy to parsnips, while others are as extravagantly fond of them. Some affirm, when parsnips are too old, they disturb the brain; hence in some countries they are called Madnips.

*Of SKIRRETS.*

Skirrets are the most agreeable and wholesomest root that is planted in gardens, for which reason it is pity they are not more common. They should be chosen tender, easy to break, and of a sweet taste. They are nourishing, opening, provocative, increase the appetite, and agree with all ages and constitutions. They are one of the best remedies for spitting and pissing of blood, as also in the beginning of a consumption, a strangury, tenesmus, and a bloody flux. They may be boiled in milk or whey, and used constantly for diet.

*Of MUSTARD-SEED.*

Mustard is very good to help digestion, to quicken the appetite, to thin gross humours in the stomach, and is proper for phlegmatic constitutions, and persons in years. The seed, as a medicine, is good in the scurvy, cachexy, green sickness, hypochondriac, sleepy diseases, and the rheumatism.

## Of SPICES.

*Nutmegs* help digestion, stop vomiting, discuss wind, ease colic-pains, abate loosenesses, and are good in cold disorders of the nerves ; but too free a use of them, is bad for the head. *Mace* is a covering of the nutmeg, and has the same virtues. *Black-pepper* and *Long-pepper* are heating, drying and opening. They strengthen the stomach, clear the spirits, render gross humours thin, and increase the motion of the blood. They are very useful for cold stomachs, and the cold temperature of the brain ; but dispose the stomach and bowels to inflammation by heating the blood and humours. *Cinnamon* is the best of all spices, being strengthening, restorative, and good in disorders of the nerves and brain : whence it is good in loosenesses, the wind-colic, the green sickness, and palsey ; but as it heats the blood and humours, it must be used with moderation. *Cloves*, like other spices, have a heating and drying faculty, are good in weakness of the stomach, the wind-colic, and all cold diseases, especially when they arise from a defect of motion : they are very good against cold diseases of the head, and venereal impotency. *Ginger* strengthens the stomach, especially when it abounds with acid gross humours. It is good in all moist disorders, fortifies the brain, helps digestion, discusses wind, and is a provocative. This, as well as all other spices, are not agreeable to hot bilious constitutions.

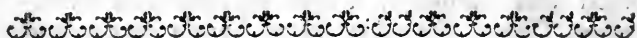
## Of SUGAR.

Sugar is the essential salt of the sugar cane, and a natural soap which will mix with or unite oil and water. Hence it helps digestion, cleanses the lungs, promotes urine, and is good in a hoarseness and coughs.

coughs. It never generates phlegm, but is good in a scurvy and all putrid diseases, the leprosy, and bloody flux. It is no enemy to the teeth as has been commonly supposed, nor breeds an acid till after fermentation. Mixt with brandy, it heals wounds, cleanses ulcers, and prevents putrefaction.

### *Of SALT.*

Common salt is of great use to prevent the putrefaction of aliments, and to restrain the heat of the humours of the body ; it abates the sharpness of the fluids, and tend to carry the noxious particles off by urine. It helps digestion, prevent costiveness, and procures an appetite : but salted meat breeds the stone, causes the scurvy, scabs, and the leprosy, causing great heat throughout the body, and hurting all the functions.



### *Of DRINKS.*

**D**RINKS restore the fluid parts of the body, are a vehicle for other aliments, and render digestion easy. **WATER** is the principal, the most wholesome, and most necessary for life. Soft water is best, which may be known by its lathering readily with soap, and is the greatest dissolvent in nature ; for which reason it will cure many indispositions ; but used too constantly and freely, it relaxes and weakens the solids, and brings cachexies, drop-sies, and other diseases.

**WINE** is never prejudicial to health, but when used too freely, or in a morning as a whet, and then it hardens the fibres, hurts the nerves, diminishes

nishes the secretions, destroys the appetite, and causes tedious chronical diseases. The same may be said of rum, brandy, and other spirituous liquors. Wine drank moderately, strengthens the stomach, procures digestion, cheers the spirits, warms the imagination, helps the memory, invigorates the blood, passes off by urine, and is a principal remedy in low nervous fevers.

MALT-LIQUORS that are fine, clear, and light, are grateful to the stomach, pass off easily and freely by urine. They do not create a heaviness of the head, nor a sourness of the stomach, nor fill the body with wind : this depends greatly on the goodness of the water, the boiling the ingredients in a due manner, and causing it to undergo a proper fermentation:

VINEGAR is astringent and cooling, a small quantity whets the appetite, helps digestion, corrects the bile, and is excellent against the plague and other contagious diseases ; but taken in large quantities, it hurts the nerves, is pernicious to those that are lean and spare, to those that have weak breasts, that are troubled with a cough, that have a difficulty of breathing, or are troubled with melancholy disorders. Many persons who have drank vinegar, to make them lean, have fallen into incurable consumptions. It agrees best with hot constitutions.

CIDER : When it is strong, sweet, and rich, has much the same qualities as wine, but it is not so heating, and quenches thirst better. It is likewise of greater use in the scurvy, and to prevent the breeding of the stone and gravel, for this disease is seldom known where they drink little else but cider. Rough cider is more astringent, and as some think more conducive to health ; but neither kind will agree with some constitutions, which can be only known by experience.

PERRY has much the same properties as cider; but when it is good, it comes nearest the nature of white wine.

MEAD strengthens the stomach, excites the appetite, cheers the spirits, helps the breathing, is good in coughs and the wind-colic. When it is new, it sits heavy on the stomach, and often causes vomiting.

CHOCOLATE is very nourishing, restorative, and proper to re-establish the strength and vigour; it helps digestion, softens sharp humours that offend the lungs, is provocative and resists the malignity of humours.

COFFEE strengthens the stomach and brain, clears the head, helps digestion, and represses the fumes of wine; but in some it hinders sleep, and causes a trembling of the nerves.

TEA is good in diseases of head and nerves, prevents sleepiness, cheers the spirits, represses vapours, helps digestion, promotes urine, purifies the blood, and promotes perspiration.

*F I N I S.*



# THE FAMILY PHYSICIAN.

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*Of DISEASES, and their CURES.*

**A**BORTION, or MISCARRIAGE, is the exclusion of an *Embryo*, *Fœtus*, or child before it come to maturity, or before the due time. However, a child that is born five or six weeks before the usual term, may, by due care, and good nursing, be preserved alive. The most common time of miscarriage, is from the beginning of the third month, to the end of the fourth. The *Signs* of its approach are coldness, and shivering, a pressing pain in the loins, reaching to the bottom of the belly, proceeding to the bones opposite to it behind, as also to the groin, with a stronger beating of the pulse. It is likewise preceded with the coming away of bloody water, bleeding, or flooding, till the miscarriage is completed. Add to these, that the belly becomes flat, the infant ceases to stir, and the breasts are softer than usual and flabby, with a desire of going to stool.

When a miscarriage is apprehended, or fear'd, keep the body open the first months with manna or rhubarb, bleed in the arm in the third, and give the bark two or three times a day for a week. When the symptoms of abortion begin to appear, then bleeding is absolutely necessary ; after  
A which

which, give three ounces of linseed oil. When coughing is like to cause abortion, give six grains of the storax pills at night, going to bed. When there is a flux of blood from the genital parts, then mix equal parts of roch alum and dragon's blood, and make them into a fine powder, giving the patient half a dram of it every hour, till it ceases. It may be given in a draught, or be made into a bolus with conserve of roses. It will stop, if at all, in seven hours.

**ABSCESS.** When an inflammation has caused an extravasation of the blood, it sometimes turns into a purulent substance, and forms an abscess or imposthume, which is nothing else but a great collection of purulent matter in some particular part. These abscesses vary according to the parts in which they are seated, and particularly as they are either external or internal; and which are to be distinguished by some peculiar signs. In general, all large abscesses, in whatever part they are concealed, are attended with a slow quotidian fever, with a remission and exacerbation, a weak quick pulse, which soon impairs the strength and preys upon the juices: hence proceed nocturnal sweats, and a universal decay of the whole body.

Sometimes an imposthume lies hid between the peritonæum and the muscles of the abdomen, and is known by a fixt pain, and a hard tumour, remaining there a long while, which may be often brought to a head by an emollient cataplasm. Sometimes a pleurisy, an inflammation of the lungs, a grievous fall, the measles or small pox, will leave an abscess in the thorax or chest, attended with an obtuse pressing pain, an inexpressible anxiety, a difficulty of breathing, a cough in the night, a quick languid pulse, a falling away of the body, particularly of the parts about the breasts, and the patient cannot bear to lie on the well side. When the vessels break, and the matter falls upon the diaphragm, it is called an *Empyema*; which is attended with an intolerable pain near the loins. But it must be observed that all inflammations of the lungs or pleura, are followed by an adhesion of those parts: for which reason it is common for abscesses of the pleura and intercostal muscles to break outwardly, and is not uncommon for the lungs to do the same. In this case, the tumour must be opened with a lancet, when the pus is formed; and if the discharge is plentiful and constant, that the



the ulcer will not admit healing, it must be kept open with an hollow tent.

While the purulent matter is contained in a bag, it is called a *Vomica*; and then there is a fixt lasting compressing pain in the breast, with a quick pulse, a dry cough, a stinking breath, a falling away, a loss of strength, a want of appetite, and a debilitating sweat. When this *Vomica* breaks, the patient will sometimes cough up a plenty of matter.

An abscess in the mesentery, or membrane that ties the guts together, is attended with a weight, without any great pain or tumour, a slow fever, frequent fainting, with a cold sweat. Sometimes the purulent matter is voided by stool. Sometimes the abscess breaks into the cavity of the abdomen, and produces intolerable pains, and other horrid symptoms, particularly a fever, a tumour, and a constant urging to make water. An abscess in the back, between the peritonæum and the psoas muscle, has the symptoms common to abscesses, together with a burning, fixt, heavy pain of the loins; as also a tumour, and the urine small in quantity full of filaments and threads, attended with a strangury. The kidneys are likewise subject to abscesses, which consume their whole substance, except a bag. In this case there is bloody urine, or it is mixt with purulent matter, and looks milky, which settles to the bottom, and has a strong smell. Sometimes the bladder is corroded by it with intolerable pain. Neither is the head free from abscesses, which in infants happens behind the ears, when the running is stopt with intolerable pain, a fever and a delirium. Sometimes an abscess lies hid between the cavities of the bones of the forehead, with a most intense pain in the forehead, and about the root of the nose, drawing the whole head into consent. When some spoonfuls of a yellow fetid matter drops from the nose, or is drawn off by a proper errhine, the pain will cease.

These abscesses differ greatly from ulcers, for the former are in the fleshy parts, and contain pure white concocted matter; whereas ulcers attack the cold dry membranaceous parts, and pour out a little fetid ichor, and depraved serum. The cure of internal abscesses, in general, is too much out of the reach of medicine: nevertheless, they may be absorbed, or translated to parts within reach, par-

ticularly the legs, which has often been the case in these disorders of the breast.

**ABSORBENTS.** These consist of sea-shells, coral, cuttle-fish-bone, burnt hartshorn, egg-shells, crabs-eyes and claws, chalk, the calx of all stones, boles and sealed earths; as also filings of iron, all fixt salts, and *Magnesia alba*. They blunt and destroy acids, though never so corrosive, and change them into a different substance. The fixt or alkaline salts being united to acids, become neutral salts, and acquire other properties; for they then will incide thick, viscid, tenacious humours, and by a gentle stimulus either move the belly, or promote urine, or excite insensible perspiration. It may likewise be observed, that iron, coral, or bole leave an astringency behind them.

Absorbents are not good, when there is a great plenty of thick foul matter in the stomach, as is often the case of burning, bilious, or hectic fevers. But they are very proper to prepare the body for evacuations, when acidities abound in the stomach. If the intention is to absorb, astringe, and strengthen at the same time, then coral, oyster and egg-shells are proper: if to restrain a feminal flux, cuttle bone; if to loosen the belly, *Magnesia alba*; if to provoke urine, crabs-eyes; if to promote perspiration, burnt hartshorn; lastly, if to dissolve coagulated blood, crabs-eyes dissolved in vinegar.

**ACIDS.** Among all the errors of diet, there is none more destructive to a human body than acids; and all aliments abounding with acid juices lessen the excretions, thicken the blood and lymphatic fluids, cause coagulations, dispose the viscera to obstructions or infarctions, stop the usual evacuations of blood, and consequently generate long and grievous disorders. When acids are taken immoderately, they hinder the generation of chyle, and consequently deprave the blood, and deprive all the parts of their due nourishment. Hence a little vinegar, given to puppies for two or three months, will stunt their growth.

Acids are exceeding hurtful to a weak stomach, whose contents readily turn sour, and being retained there become still worse; for mixing with the bilious juices, they assume a corrosive and virulent nature, and by corroding the nervous parts of the stomach and intestines, they will draw the whole nervous system into consent, and produce the

the most grievous symptoms. Acid crudities in the first passages, by corrupting milk, sweet and fat things will turn them into a kind of a poison, which will occasion heartburns, violent pains in the stomach, inflations of the stomach and intestines, head-ach, and obstructions of the belly, pain in the bowels, a continual desire of going to stool, and pale excrements; as also such belchings as are attended with a cough and vomiting. Hence it appears why hypochondriac, hysseric, and feverish patients are never the better for taking aliments.

Acids often occasion grievous and tedious illnesses, such as polypous concretions in the blood vessels, the stone, pains of the joints, the hypochondriac diseases, and the gout. They are very pernicious to women with child, that give suck, are in child-bed, or who have their menses deficient through age.

Acids are easily corrected by soap, oyster-shells, crabs-eyes, fixed salts, and the like, which being joined with laxatives, balsamics, and strengtheners, many grievous diseases may be either cured, mitigated, or prevented. However, when persons are young, or of a hot constitution, or use much exercise, or who live in a hot climate, or in hot weather, acids will preserve health, excite the appetite, and promote digestion.

**AFTER-PAINS.** The violent pains which continue after the child is born, may generally be abated by drinking plentifully of the decoction of camomile flowers, in the manner of tea. If the labour has been hard, give an ounce and a half of fresh oil of sweet almonds in a draught of it hot. A dram of the yellow part of orange peel, given for a dose, is likewise very good: or the following bolus; "Take twenty grains of sperma ceti, five grains of volatile salt of hartshorn, five drops of balsam of Peru, thirty grains of Venice treacle, and make them into a bolus, with the syrup of white poppies." Give it soon after delivery.

**AGUES.** See INTERMITTING FEVERS.

**AIR.** This is so necessary for breathing, animals cannot live long without it; and as we are continually sucking it in, it is highly incumbent upon us to live in as good an air as possible. In general it should be pure, sweet, temperate, and free from all impure exhalations. When we have liberty of chusing a place of residence, it should be

in a champaign open country, on the side of a gravelly rising ground, which lies towards the south or west, and is sheltered from the north and east winds. It should be also distant from mines and marshes; where the water is soft, clear, light, and insipid. Some tender, weak constitutions, cannot bear the northerly or easterly winds, and therefore their bed-rooms should be towards the west or south.

In London, when the weather is dark, dull, and foggy, weak persons should keep at home, or go into the country, where the air is clear, and the persons about them should be sound and healthy; and the house, furniture, and cloaths, should be as clean and sweet as possible. Close small rooms are always prejudicial to health, because the air, in such places, will be rendered unfit for breathing by the vapours that proceed from our bodies; and it is often a fatal error to draw the curtains close about a sick person, as well as to keep all fresh air out of the room, for it prevents the sweet refreshing influences of the air. Besides, if a person in health cannot bear to sit in such places, and is greatly annoyed with the disagreeable smell; how must they be affected who are weak and disordered?

ALEXIPHARMACS. See SUDORIFICS.

ALOETICS. These are medicines wherein aloes is the chief ingredient, and are attended with the faculty of gently opening the body; as also of strengthening the stomach, and intestine, when they are weakened by purges. They are proper for persons of a weak digestion, when recovering from a disease, to correct and evacuate crude juices, and when there are acid crudities in the stomach, which is the case of hypochondriacs. They are likewise proper for child-bed women, and when there is an obstruction of the monthly courses.

When aloes is not properly corrected, or is given in too large a dose, it raises commotions in the blood, promotes hæmorrhages, or bleeding, causes too great a flux of the menses, and brings on the piles.

ANALEPTICS are such things as revive the spirits, and restore decayed strength. They have generally the name of *Cordials*. They act from a sweet, fragrant, subtile, oleous principle, which immediately affects the nerves, and gives a kind of friendly motion to the nervous fluid.

fluid. The nerves lie no where more bare than in the nose, which accounts for the effects of smells in fainting fits. In diseases, the speediest way to restore the strength, is by taking away the causes. Besides, this is not to be done merely by the force of medicines which put the spirits in motion, and spur the solids; for in convulsions and fevers, the motions are strong, and yet the natural strength is languid. Whence we may conclude, that true strength depends upon congruous aliment, turned into laudable blood and juices, yielding plenty of animal spirits, which give vigour and firmness to the body.

**ANODYNES** are such medicines as ease pain, and procure sleep. They are chiefly of the poppy-kind, of which opium is the inspissated juice; as also saffron. **NARCOTICS** are anodynes, by stupifying the senses; whence they are not friendly to nature, but often bring on a deadly sleep, or throw the patient into madness. These pernicious drugs are chiefly henbane, stramonium, datura, and deadly nightshade. **PAREGORICS** consist of soft, sulphureous, mucous parts, which, by their contact, relax the hard tense fibres, which are contracted by spasms, involving and blunting the points of the irritating particles; and are therefore of great use in pains, painful tumours, sharp defluxions, in the form of a cataplasm, ointment, or plaster; such as saffron, camomile-flowers, melilot-flowers, white-lilies, elder-flowers, mallow-flowers, poppies, milk, cream, the yolk of an egg, elder-ointment, the saponaceous liniment, and several other shop-medicines.

**ST. ANTHONY'S FIRE.** See **ERYSIPELAS**.

**ANTISPASMODICS** are substances that relax spastic strictures, which some perform by immediate contact, as asses milk, cream, oil of sweet almonds, emulsions, and the fat of animals. Some, by a sulphureous vapour, appease the unbridled motions of the nervous fluid; such as sage, betony, marjoram, the roots of valerian, &c. as also musk, castor, and the like, which are of great use in convulsive disorders, and the falling sickness.

**APOPHLEGMATIZANTS**, or provokers of *Spittle*. These are tobacco, pellitory of Spain, angelica root, zedoary, galangals, myrrh, being held in the mouth, or chew'd. They are very proper when in danger of catching a disease, by visiting an infected person or otherwise. In which

case, smoking tobacco is likewise good. The decoctions in wine, or infusions in brandy, of pellitory, cloves, marjoram, or angelica, are good for the tongue, mouth, teeth, and gums; as also in hardness of hearing, and noise in the ears. They are likewise good in a relaxation of the uvula, loss of voice, and palsy of the tongue, with the addition of a little sal ammoniac, or spirit of the same.

**APOPLEXY.** When a person is seized with a fit of an apoplexy, bleed in the jugular vein as soon as possible, and scarify the hind-part of the head, or rather let him be cup'd in that place with scarification. Then let him be carried backward and forward across the room, by two strong men. If the patient is likely to come to himself, a saline clyster, which irritates the guts, will promote it. "Take eight ounces of water, thirty grains of colloquintida pills, and three drams of common salt, make them into a clyster." Likewise rub the legs and arms strongly, especially the bottoms of the feet, with a rough cloth to excite pain. Strong blisters should likewise be applied to the neck, back, and calves of the legs. Vomits should not be given, for they force the blood and humours into the head, and griping purges have brought on the fit. If the patient recovers, let him bleed, spring and fall; keep his body open with rhubarb and Epsom salt, and let him constantly drink tea made with balm, betony, sage, and the lesser cardamom seeds.

**APPETITE, want of.** This is often an attendant on other diseases, and the restoring of it depends on their cure. Sometimes it is a disease of itself, and then if there is a reaching to vomit, give twenty grains of ipecacuanha, to bring the foul matter off the stomach. Then next, give an ounce of Epsom salt, to cleanse the first passages, and to carry the humours downwards. After this, give thirty drops of the elixir of aloes, three time a day, for a week. To complete the cure, let the patient take half a spoonful, or a spoonful of the bitter tincture every day, an hour before dinner, for some time. Mint, pepper-mint, orange-peel, gentian, wormwood, ginger, cinnamon, and the bark, are all good for the same purpose. When the stomach has been weakened by hard drinking or frequent debauches.

bauches, then give thirty drops of the sweet elixir of vitriol twice a day.

**ASTHMA.** This, in general, is a very laborious and difficult breathing, with wheezing, attended with unutterable anxiety, and a straitness of the breast. A *moist asthma* is attended with a cough, which forces up phlegm, or a pituitous matter, wherewith the lungs are stuffed, hindering the free ingress and egress of the air. The *dry spasmodic asthma* is a convulsive contraction of the parts designed for breathing, and may be owing to various causes, both within, and without the body.

In the fit of *moist asthma*, bleed first of all, afterwards give the following bolus. "Take fifteen grains of sperma ceti, ten grains of gum ammoniac, seven grains of salt of hartshorn, and make them into a bolus, with syrup of sugar." Or a spoonful of oxymel of squills may be given every hour, for three or four times. Likewise bathing the feet in warm water, will often give great relief. Out of the fit, let the patient be purged every third day, with rhubarb or manna, for three times. On the days in which purging is omitted, give the powder of aniseed made into pills, with Lucatelli's balsam, in the morning and at five in the afternoon: half a dram is a dose. If the symptoms still continue, repeat the same method over again. Instead of the pills, the patient may take from three drops to ten of the anisated balsam of sulphur, or the following pills: "Take three drams of gum ammoniac, three drams of Castile soap, one dram of powder of squills, and make them into pills with white sugar. Make ten pills out of every dram, and then three is a dose."

In the fit of a *dry convulsive* or *spasmodic asthma*, if the breathing is very difficult, bleeding will be necessary, and then give the following potion: "Take two drams of gum ammoniac, and dissolve it in four ounces of fennel water, then add two ounces of Rhenish wine, and forty drops of liquid laudanum. Give two or three spoonfuls every hour, till the difficulty of breathing remits." The feet must likewise be rub'd hard, or put into warm water. Out of the fit, if the disease is owing to fullness of blood in the breast, bleed in the foot; if to the suppression of the bleeding piles, apply leeches to the fundament;

ment; likewise use exercise and a slender diet. If to the suppression of the menses, go to Bath. When there are symptoms of the hypochondriac disease, keep the body open with manna, or Epsom salt, and order laxative clysters. When impure matter is drove back from the skin, or old ulcers have been injudiciously healed, use medicines that promote a gentle sweat, and laxatives. When the matter of the gout has left the feet, bathing them in warm water will bring it back.

**ASTRINGENTS** contract and strengthen the fibres, thicken the fluids, lessen the diameter of the vessels, and straiten the pores; whence they are consolidating and conglutinating. When they are given injudiciously in hæmorrhages and fluxes, they do a great deal of mischief, and bring on slow fevers, cachexies, dropical tumours, the colic, spasmodic, and hypochondriacal disorders. They are best given in small doses in a sufficient quantity of liquid, using exercise, if possible, at the same time. Enormous vomiting, bloody urine, hæmorrhages of the nose, over-flowing of the monthly courses, an excessive flux of the piles, should never be attempted to be cured by astringents, before the spasms are allayed that occasion them, diverting the humours at the same time to other parts. Astringents are of great use in consumptions of the lungs, the scurvy, cachexy, and gravel, when the tone of the glands and bowels is weakened by a stagnation of humours, unless the vessels are obstructed, the fibres constricted, and the lungs are beset with tubercles.

**ATTENUANTS.** Some of these act upon the fluids, and some upon the solids: of the former sort there are very few; the principal are aqueous diluents, which certainly have a great efficacy in melting down and dissolving clammy, fizy humours; as also fixt alkaline salts, volatile and nitrous salts; for these, given in a liquid form, render the blood, and thick dense humours more fluid. Almost all the rest operate on the solids, by increasing their tone, strength and contractile force, by rendering the vessels more elastic; insomuch that they more strongly press the contained fluids, make their progressions more quick, and the intestine motions more lively; insomuch that by circulating more strongly and speedily through the capillary vessels, the globules of the juices will be broke,  
and



and reduced to a much less compass, and consequently will become more fluid. This action on the solids, is performed in some by an acrid fixed salt, as in the roots of cuckow-pint, white-pimpernel, asarabacca, Florentine orris, Solomon's-seal, the leaves of arnica, or German leopard's bane, and pepper-wort; as also pepper and ginger. Again, some produce their effect by a subtile volatile acrid salt; such as horse-radish, elecampane, cresses, scurvy-grass, mustard, leeks, onions and garlic: some chiefly stimulate, as the neutral salts, such as sal ammoniac, Epsom salt, vitriolated tartar, and diuretic salt. Others act by an acrid salt, imbued with plenty of sulphureous particles, as gum ammoniac, sagapenum, opoponax, the wood of guaiac, and its rosin. Lastly, some operate by a subtile, penetrating, metallic salt, as *Mercurius dulcis*, and æthiops mineral.

Some of these are most proper to dissolve and incide thick humours in the stomach and first passages, such as the root of cuckow-pint, pepper, ginger, sal ammoniac, vitriolated tartar, salt of wormwood, and dulcified spirit of salt. If the humours are to be carried downwards, at the same time, nothing is better than Epsom salt. When sily humours are to be dissolved, in disorders of the breast, then make use of elecampane, Florentine orris, maiden-hair, gum ammoniac, myrrh, benjamin, flowers of brimstone, balsam of Tolu and Peru, diuretic salt, and oxymel of squills. When the blood is foul and tainted with scorbutic humours, then give horse-radish, scurvy-grass, water cresses, brooklime, buck beans, the lesser centaury, mustard seed, gum ammoniac, myrrh, oil of tartar per deliquium, spirit of sal ammoniac, and salt of wormwood, with the juice of oranges. When the blood is conglobated in any part by bruises or falls, then direct the root of Solomon's seal, the leaves of chervil, distilled vinegar, with crabs eyes, or stibiated nitre. When the lymph is thickened by the venereal disease, or otherwise, prescribe the wood of guaiac in decoction, *Mercurius dulcis*, or æthiops mineral.

BATHS. Under this title I shall only take notice of domestic baths, which are made in bathing tubs fitted for that purpose. The water made use of must be soft and light, lathering readily with soap. If this is not to be had, it must be softened by the addition of soap, or by mixing it with milk, or by boiling wheat bran in it. Likewise it may be corrected by camomile flower, or the leaves, flowers or  
roots

roots of white lilies, or lastly the leaves of mallows or marsh-mallows. The water should be made pretty warm, but not too hot, for then it will have bad effects. A bath thus made is useful to promote an easy delivery, especially if it be the first child, and the woman is not young and of a dry constitution; but it must be used principally in the last months. Likewise in the dorsal consumption of infants, and in the rickets; because they open the obstructed and constricted vessels, render the nutritious juice more fluid, and more easy to be distributed all over the body. But the cold bath is the best in this last case, if the child is immediately put between blankets, to sweat after it.

These sort of baths are good in diseases of the head, in melancholy, in disorders of the mind, attended with dreadful dreams, the head-ach, giddiness of the head, tooth-ach, and other pains of the nervous parts; particularly the pains of the stomach, the colic, and a fit of the gravel. They are so remarkable for easing pains arising from spastic strictures, that though some are quite at ease while they sit in the bath, they will return as soon as they are out of it. They likewise promote the circulation of the blood and humours, and forward perspiration through the skin; for if the patient removes from the bath into a warm bed, and his body is rubbed with dry cloths, he will fall into a profuse sweat.

**BELLY-ACH DRY.** This is a kind of colic, which frequently degenerates into a palsy, and is called by some a *nervous* or *convulsive colic*. It is known by an intolerable piercing pain sometimes in one part, sometimes in several parts of the intestines or guts, which seems to draw them all up together in a heap. The patient is kept continually upon the rack for eight, ten, or fourteen days, with an obstinate costiveness. The whole intention of cure, is to open the body, for which purpose some give twenty grains of the cathartic extract, with a grain of opium; after which two spoonfuls every hour of the infusion of fenna, mixt with a fourth part of tincture of fenna. But the following bolus is better: "Take a dram  
" of vitriolated tartar, ten grains of salt of tartar, and a drop  
" of essential oil of nutmegs; make them into a bolus, with  
" a sufficient quantity of lenitive electuary." This must be repeated every fourth hour, till it begins to work. Some use emollient fomentations to the belly, or half baths made with camomile flowers and marsh mallows. When the cure

is advanced, rhubarb, or the tinctura sacra will keep the body open.

**BITE of a MAD DOG.** Dr. Mead's medicine for this is as follows: "Take four drams of ash-coloured ground liver-wort, and two drams of black pepper; make them into a powder." Divide this in into four doses, and give one in warm milk for four mornings successively. After this the patient must go into a cold bath, river, or pond, for half a minute, with his head above water. This is to be repeated early in the morning before breakfast, for thirty days together. The East-India medicine, is twenty four grains of native and factitious cinnabar, and sixteen grains of musk. If the patient has any symptoms attending this disease, he must take the same quantity at the end of three hours, otherwise not till the end of thirty days. Musk is certainly an excellent medicine against this disaster alone: with cinnabar it has been given every three hours, after bleeding largely, with opium in large doses, that is two grains, to procure sleep, and a galbanum plaster, with half an ounce of pure opium, was laid to the throat and neck. This was done after the patient was affected with the dread of water. When she was a little better, she took them every six hours, with one grain of opium. On the second day she lost twenty ounces of blood, and twelve on the third; on which the plaster was renew'd with only two drams of opium, and only one opium pill at night. Being costive she had three clysters with antimonial wine. The second wrought well. In a week's time she was pretty well; but being terrified, relapsed, and was quite cured with the following powder, her disorder being then hysterical: "Take twelve grains of assa foetida, ten grains of musk, and six grains of camphire; make a powder." This may be made into a bolus with syrup of sugar. This little extract of the case is not laid down as an example, for then I should have been more particular; and these medicines must be regulated by the urgency of the symptoms; for if two doses of opium procure sleep, it would be madness to give a third, till the effects of the former were almost over. So probably many cases will not require so frequent a repetition of the powder, nor may the costiveness require frequent clysters. Nothing but so dreadful a case could have justified so free a use of the opium. However, this method

thod affords excellent hints for the management of this disease. I should have observed she took the last bolus twice the first day, and then once for two or three days more, with draughts proper to cure the sickness of the stomach.

**BLEEDING at the Nose.** This often happens when the patient is afflicted with diseases, and sometimes when he is otherwise in health. I shall only speak of the latter in this place. It differs much as to quantity, for some lose only a few drops, some several ounces, and some five or six pounds; and it is very apt to return. It conduces to health, when the patient is full of blood and humours. Sometimes it cures a giddiness and heavy pains in the head; as also a phrensy, and even the falling sickness. When the bleeding is periodical, and not too large, it should not be stopt, nor when there is a suppression of the menses in women, or the lochia in child-bed, or the bleeding piles in men, if they are used to return at stated seasons. When this bleeding has been injudiciously stopt, it has produced giddiness, or swimming in the head, noise in the ears, hardness of hearing, the apoplexy, convulsions, the falling sickness, and blindness. When this bleeding happens to persons that are young, full of blood, in the spring of the year, or after hard drinking, the commotion of the blood may be allayed with nitre thus: "Take half an ounce of  
 " purified nitre or salt-petre, two ounces of loaf sugar,  
 " twenty grains of cochineal, and two pints and an  
 " half of spring-water. Boil them to a quart; let it settle,  
 " and pour off the clear liquor." Three ounces of this may be taken thrice a day: or the patient may take five or six spoonfuls of the tincture of roses, and repeat it as occasion requires. When the bleeding is very violent, ten drops of liquid laudanum may be added to each dose. By way of revulsion, bleed the patient in the foot, and put his feet in cold water. Outwardly dip a linen cloth in the decoction above mentioned, squeeze it out gently, and lay it to the back parts and sides of the neck. Likewise dip lint in the blue vitriolic water, and put it up the nostril. If these fail, powder equal parts of roch alum, and dragon's blood: the dose is half a dram every hour.

**BLISTERS.** The applying of blisters properly, against any disease, is very useful, and may be so managed as to cure various maladies. But when laid on out of season, or in

some stages of a distemper, will do a great deal of hurt: therefore it is of the highest consequence to know when they are suitable, and when not.

In CHRONIC DISEASES they will relieve obstinate headaches, rheumatisms of the head, when the blood vessels of the whites of the eyes are turgid with blood attended with a moist rheum, or when the redness of them proceeds from the king's evil; as also when the eye-lids are glued together in the night by a thick humour. They are likewise good in obstinate defluxions on the eyes and ears, in a tedious running of the nose, in the tooth-ach from a ferrous rheum, in sleepy disorders, in little ulcers of the head of a long standing, or when the humour of a scald head is driven inwardly. Moreover, they are useful in a palsy of the tongue, in hardness of hearing, and in a noise of the ears, from a cold cause, and when breaking out, or spots on the skin have struck in, and are to be recalled. The sciatica, or hip-gout will yield to bleeding, and laying a blister on the part affected.

In ACUTE DISEASES they are likewise of great use, particularly in the small pox, when the pustules lie buried in the skin for two or three days, and when they appear like watry bladders. In the fit of an apoplexy, in low nervous fevers, in all fevers when there is a defect of vital heat, and the pulse is weak and languid; for this reason they ought to be applied at the latter end of putrid fevers, when the spirits and pulse sink, which is a sign that nature wants a spur, or when this disease brings on a phrensy, and bleeding is dangerous because the patient is very low. In this last case the defect may be supplied by applying leeches to the temples, and a blister to the head and other parts of the body. But if the pulse is sunk, and the patient appears stupid or insensible, blisters and leeches must be omitted, and stimulating poultices or sinapisms must be laid to the soles of the feet. In violent inflammations of the eyes, blisters must be laid behind the ears, must lie on two or three days, and the sores must be kept running. In a quinsy, a large and strong blister must be laid to the fore part of the neck. In a pleurisy, after the first bleeding, it must be applied upon the pained side. In an inflammation of the lungs, after the first bleeding it must be laid to the back, and to one or both sides.

des. In a spurious peripneumony, likewise, blistering is of great service. In the inflammation of the liver, stomach, or intestines, in the iliac passion, and a fixt pain of the bowels, a large blister should be laid over the part affected.

BLISTERS should never be applied in the beginning of common fevers, if the pulse is strong, and the disease is gaining strength; nor yet to the hectic, to women with child, to the lean, nor to those who have strong tense fibres. Blisters are likewise very improper in a fit of the gravel, in the stone of the kidneys or bladder, when the patient is full of blood, without preceding evacuations, as also in profuse bleedings of any kind. The reason of all which may be readily conceived, when we consider that blisters act by stimulating the solids, attenuating the fluids, by revulsion, by bringing out the morbid matter, and that they particularly affect the urinary passages, often causing a strangury, if not prevented in time. They should never be laid to the thighs or legs, when they are cedematous or distended with water, lest they produce a gangrene. *A strangury* may be prevented by soft diluting liquors, particularly by a solution of gum arabic in water.

BLOOD-LETTING. It is of very great consequence to know when to bleed, and when not: for if the patient has too little blood or is weak, or has a low weak languid pulse, bleeding is dangerous. But sometimes a loss of strength or a low pulse may be owing to too much blood, and then the pulse will rise as soon as the blood begins to flow. Bleeding is generally necessary in the beginning of acute, continual, or inflammatory fevers, when the pulse is strong or hard; in particular kinds of epidemic fevers it is doubtful, and the height of the pulse is most commonly the rule. Bleeding is dangerous in the fit of an ague, in hysteric fits, and in fits of the falling sickness; in a suppression of the menses, it will be best to bleed in the foot. In diseases of the head, neck, or eyes, it will be properest in the jugular vein, or under the tongue. When the patient is full of blood and strong, he may loose twelve ounces at once. But it must be sparing in excessive bleedings of any kind, and in spitting of blood. In general it serves for three purposes; evacuation, revulsion, and derivation.

BLOODY-FLUX. This begins with shivering and shaking, which is succeeded with heat, griping of the guts, slimy stools, and

and violent pain. There is a pressing down, or seeming descent of all the bowels at every stool. In process of time, the stools are mixt with blood, and afterwards pure blood only comes away, which is followed by an incurable gangrene. When this is taken in time, the patient must first be blooded, and afterward take a vomit with twenty grains of ipecacuanha, drinking a large quantity of warm water after it. This must be sometimes repeated: but some think it better to give only five grains at a time, and to repeat it twice or thrice the same day, till a vomiting or purging comes on, or the ipecacuanha will be rendered more purgative, with a grain or two of emetic tartar. The next day give two scruples or a dram of good rhubarb: this purge must be repeated the next day or the following. No opiates must be given till after the patient has been vomited and purged; then "Take seven ounces of small cinnamon water, "one ounce of strong cinnamon water, two drams of the compound powder of bole with opium; mix them." Give a spoonful or two of this on the days rhubarb is omitted; and the same night at bed-time. But if the case is very bad, omitting all other medicines, give seven grains of the cerated glass of antimony every other day, but let the patient drink nothing after it, unless he is sick and disposed to vomit, and then allow him warm water, as in other vomits. Sometimes one dose will cure, and at other times, several are required. The patient may take water gruel, chicken broth, and a little harts-horn jelly now and then.

**BLOODY URINE**, is commonly called pissing of blood, which comes away either with or without urine, when the vessels of the kidneys or bladder are enlarged or broken. When pure blood comes away suddenly without pain, it proceeds from the kidneys, or when it is coffee coloured, for then it precedes a fit of the gravel. When there is a heat and pain in the pubes, at the same time that the blood is of a dark colour, it comes from the bladder. Bloody urine may be caused by a stoppage of the bleeding piles by violent motions of the body, especially riding; by stones wounding the kidneys, ureters or bladder, from erosions and ulcers of the bladder, from sharp diuretics, especially cantharides.

When the patient is full of blood, or any usual evacuation of blood has been suppressed, it will be necessary to bleed in the arm, and to take nitre, as directed in the bleeding of the nose. The body must be kept open with rhubarb and cream of tartar.

If the disorder does not cease, let the patient drink three half pints of lime water in a day. If the bleeding is excessive, take the powder mentioned in the bleeding of the nose. Otherwise, astringents, that lock the blood up in the vessels, should be forborne. When there is purulent matter mixt with the blood, there is an ulcer in the kidneys or bladder, and then the best remedy is tar water.

**BOILS** ; these are so well known, they need no description. Some, when they begin to appear, use applications to drive them back, which is a very dangerous practice. The best way is to draw them to a head, and then open them. This may be done with diacyhlon with the gums, or the following poultice: "Take  
 " four ounces of figs, two ounces of yellow basilicon, and half  
 " an ounce of strained galbanum ; beat the figs to a pulp  
 " with a little wine or strong beer ; then add the basilicon and  
 " galbanum melted together, and mix them well." When the boil is quite ripe, which may be known by its yellow head, it may be opened with a lancet or a pair of scissars, and when all the matter is discharged, then it may be cover'd with dry lint, and a plaster over that to keep it on; by which means it will soon heal. When infants are troubled with boils, the nurse should be purged, and the infant take a few grains of the compound powder of crab's claws, three times a day.

**BRUISES.** A bruise or contusion may be known by the eye; for first it will be red or black, then livid, yellow, green, and at last black again ; unless it be slight, for then it recovers its natural colour without any application. When you have reason to suspect a bruise, and it is not discoverable by the eye, you may feel about the place, and if you feel an unusual softness, or a fluctuation of extravasated blood, you may be sure that is the part affected : as also, when there is a pain and stiffness. If the inward parts are bruised, you may know which it is by one or other of the functions being hurt.

When the bruise is slight, as that of a child's fore-head by a fall, it may be relieved with spirit of wine, or camphorated spirit of wine, or hungary water ; or by dipping a bit of thick brown paper in very cold water, and laying it on the swelling. If the bruise is large, you may apply lime-water mixt with camphorated spirit of wine ; or a sponge dipt in fresh urine, in which Venice soap has been dissolved, or opodeldoc made warm. If the bruised part tends to a gangrene, a surgeon must be sent for immediately to scarify the



the part, and set the stagnating fluids at liberty : after which it must be fomented with the common fomentation of the *London* dispensatory, rubbing the tumor with hot cloths before it is fomented. Or you may take three ounces of powder of briony root, and as much venice treacle, and bring it to the consistence of poultice with sea-water, salt water, or common water.

When the bruise is considerable, internal remedies should never be neglected ; such as the decoction of betony, male speedwel, rosemary, or sage, drank plentifully. When the bruise is internal, you may give a pint a day of the following decoction ; “ Take the leaves of ground ivy and plantane, half an ounce of each ; of spring water three pints ; boil it to a quart, and sweeten it with an ounce of fine sugar.” Or give thirty or forty drops of the traumatic balsam, or Friar’s balsam, several times a day. Or you may advise a dram of sperma ceti, in a draught of the above decoction. The patient must eat no flesh, nor drink strong liquors, but live wholly upon broths and spoon-meat.

When the fluids in the bruise are dispersed or evacuated, the sore may be cured as an ulcer ; which see.

**BURNS.** Alum dissolved in water and applied, or rectified spirit of wine, will prevent the blistering of a slight burn. Or hold the part before the fire ; or apply raw onions, soap and oil beaten together for a poultice. When a burn is blistered, it is not to be cut, but must be treated with emollients ; or soap and oil, or with the saturnine ointment. When the burn is so deep as to cause a gangrene, it must be scarified and treated with emollients ; as also warm fomentations and poultices. When the eschar is cast off, it must be cured as a wound or ulcer. In all considerable burns, the patient must bleed, take cooling purges, such as the lenitive electuary, or Epsom salt ; and drink plentifully of thin liquors.

**BURNING FEVER.** See FEVER BURNING.

**CACHEXY, or ill habit of body.** In this the skin is pale, white, yellow, green, tawny or livid, with a heaviness, a swelling under the eyes, and in other tender parts. Those most distant from the heart are bloated, with a palpitation of the heart, which increases on the least motion. The urine is crude and thin, with watery sweats, and the body is at last reduced to a skeleton, or the patient falls into a dropsey. The state of the blood and humours must be made thin with Ali-

cant or Castile soap, of which twenty grains may be taken every three hours in the day time, made up into pills. Or dissolve an ounce of salt of wormwood in a quart of water, sweetening it with double refined sugar, and give half a gill glassful every third hour. Continue either of these for a week, and then take half a dram of the ecphractic pills night and morning, drinking at the same time the decoction of wormwood, purl, or bitter wine. Or instead of the pills, the elixir of aloes, formerly called *Elixir Proprietatis*, may be taken three times a day; the dose is from twenty drops to sixty. If this disease degenerates into a dropsy, it must be cured as such.

**CANCER in the breast.** This at first is a tumour of the size of a pea, with little or no pain; sometimes it is of the size of a hazle nut, but does not discolour the skin, and may continue in that state for several years. When this small tumour becomes suddenly round and livid with an unequal surface, there is generally an intense shooting pain. At length it breaks through the skin, and sheds a sordid, viscid, bloody, sanious, or ichorous matter, with an insupportable stench. While the cancer is small and not very painful, the best way will be to use a regular diet, and to defend it from external injuries. When it is very painful, a thin plate of lead may be laid over over it smeared with quicksilver. Let her constant drink be a decoction of *Lignum Vitæ*, made with four ounces of the raspings, and three quarts of water boiled to two quarts. She may be purged now and then with half a dram of rhubarb mixt with five grains of calomel, and an ounce of diacodium, or twenty drops of liquid laudanum, may be given to procure sleep; when this fails, thirty drops and upwards. When the cancer is broke, the most certain way is to have it taken off before it eats too deep.

**CHILBLAINS.** See KIBES.

**COLIC bilious.** This colic is known by the hoarseness of the voice, a violent pain in the stomach, a continual loathing of viuals, a burning acute continual pain about the region of the navel, which either seems to gird in the belly; or to bore it through; a vomiting up of green matter or gall, a bitterish taste in the mouth, a feverish heat, intense thirst, restlessness, hiccapping, with little urine and high coloured. When there is an obstinate costiveness, it soon turns to the iliac passion. The patient must first be bled freely, and then give the following bolus: "Take forty grains of vitriolated

" tartar.

“ tartar, ten grains of salt of tartar, a drop of essential oil of  
 “ nutmegs, and make them into a bolus with lenitive elec-  
 “ tuary.” This must be given every fourth hour till it purges,  
 which three doses will generally do. Likewise, a warm bath  
 made with an emollient decoction is of the greatest service  
 in this disease, because it relaxes the stricture of the guts.

**COLIC** *from a stone in the gall-bladder.* When there is a  
 stone, or stones in the gall-bladder, which prevents the gall  
 from running into the guts, by plugging up the passage; then  
 there is a constant heavy fixed pain on the right side about the  
 region of the liver, which sometimes reaches to the pit of the  
 stomach. This pain is sometimes so exasperated, that the  
 gripes and torture affect all the inward parts of the belly. Add  
 to these, a want of appetite, a reaching to vomit, a pain in  
 the stomach, anxiety about the heart, and costiveness. This  
 is succeeded by a jaundice, and in length of time a dropsy.  
 In the fit, it will be proper to bleed in the arm; then give the  
 following potion: “ Take two ounces of manna, an ounce  
 “ and half of oil of sweet almonds, a dram and half of cream  
 “ of tartar, twelve drains of purified nitre; mix them.” Let  
 the patient take it by spoonfuls, at proper distances of time in  
 the morning; or, the patient may take oil of sweet almonds  
 alone; or a dram of sperma ceti, dissolved in broth, or syrup  
 of marsh mallows, or whatever else is soft, oily, and emollient.  
 Out of the fit, the best remedies are, soap, quicksilver, and  
 salt water. Half a dram of Alicant soap may be taken six  
 times a day, made into pills. Half an ounce of quicksilver  
 may be rub’d in a glass mortar, with half an ounce of brown  
 sugar candy, and sixteen drops of essential oil of juniper ber-  
 ries, till it disappears; twenty grains of this may be given at  
 night, mixt with twelve grains of sperma ceti, and twenty  
 of conserve of mallow flowers, and be repeated every other  
 night, several times. The patient may likewise be purged,  
 now and then, with an ounce of Epsom salt, omitting the  
 other things on the same day. Or half a pint of sea water  
 may be given early every morning, for some time, after the  
 soap and quicksilver have been left off.

**COLIC** *Convulsive.* See BELLY-ACH DRY.

**COLIC** *flatulent, or COLIC from wind.* This is an acute  
 pain in the small guts, with a puffing up and swelling of the  
 belly, which can hardly bear to be touched. The stomach is  
 distended with wind, the breathing becomes difficult, and the  
 body is costive. At length, the patient is troubled with an

ineffectual reaching to vomit, and violent pains in the stomach. The pain may be either in the right or left side, as well as beneath the stomach. When there is wind and excrements pent up in the flexure of the colon, which is often the case, give the following clyster: "Take half an ounce of soft soap, and dissolve it in eight ounces of warm water, for a clyster." Inwardly direct the following mixture: "Take a gill of fennel-water, a gill of simple orange-flower-water, a gill of compound juniper-water, a dram and half of dulcified spirit of nitre, and an ounce of the syrup of orange peel; mix them." Give a spoonful of this mixture every hour till the pain abates, and then every two hours. The body may be kept open, with manna or rhubarb, or a dram of vitriolated tartar. Camomile flowers may be frequently used like tea.

*COLIC hysteric*, is a symptom of the hysteric passion. It is a very violent pain about the pit of the stomach, attended with a vomiting of greenish matter, and a great sinking of the spirits. It may continue a day or two, and will return when the mind is disturbed. To cure it, the stomach should be cleansed by drinking a gallon of posset drink, and throwing it up again. Then give twenty-five drops of liquid laudanum in an ounce of strong cinnamon-water, which is to be repeated at due intervals, till the symptoms disappear. When it returns by fits, the patient may take twenty drops of Peruvian balsam thrice a day, in a spoonful of the finest sugar; or a dram night and morning of the powder of zedoary, made into a bolus with the syrup of orange-peel.

*COLIC, from fumes of lead.* This disease is called in Scotland, the MILL-REEK, and is common to all the workers in lead, such as miners, plumbers, makers of white-lead, and grinders of colours. At first, there is uneasiness and weight about the stomach, especially about the pit of it; afterwards there is an intolerable pain in the guts like the colic, with great costiveness. The spittle is sweet, and inclinable to be a little bluish; the pulse a little low; the skin all over cold, and a clammy sweat frequently breaks out; the legs grow feeble, with a tingling numbness; the whole body is weak, lazy, and unapt for motion. They lose their appetite, and want digestion. If the patient fall into a looseness in this stage, it carries off the disease, unless it continues too long, and the patient drinks drams on an empty stomach; then comes on a fixt pain in the stomach and guts, especially the lower part of the belly, extending from one hip to the other,

with

with a sense of gnawing. The pulse becomes quick, and the skin warm, with a giddiness and a violent pain in the head, succeeded by insensibility and talking idly. The hands and feet tremble and are convulsed. The pulse intermits every third or fourth stroke, and they die sleepy, or in an apoplexy.

The cure must be attempted with a double dose of a vomit; that is, two ounces of emetic wine, or eight grains of emetic tartar, drinking warm water plentifully while it works. If it works upwards and downwards, the patient is in a fair way of recovery. Then give twenty grains of ipecacuanha, with two grains of tartar emetic, and that will compleat the cure. If the double dose does not work at all, another stronger must be given soon after. If it does not purge as well as vomit, give forty grains of tartar, with twenty grains of calomel. The vomits and purges must be repeated at proper intervals, till the uneasiness of the stomach and guts is quite gone. When blood or matter is mixt with the stools, then omit the vomits, till the guts are cured. Then, "Take spring water, eight ounces; lenitive electary, an ounce and half; Lucatelli's balsam dissolved in the yolk of an egg, half an ounce; mix them for a clyster." This being repeated at proper intervals with soft food, will take away this appearance. When the belly is much swelled, emollient fomentations must be applied to the part. *Fat broth taken in a morning, is the best preservative against this disease. Likewise in the cure, oil of sweet almonds taken plentifully by the mouth, and oily clysters, are of singular service.* When this disease brings on a palsy of the arms, it will be necessary that the patient should be bathed in soft sweet water, and the back-bone should be anointed with an ointment made with hog's lard, expressed oil of nutmegs, oil of rosemary, and saffron.

**CONSUMPTION.** This is an ulcer of the lungs, with a wasting away, a cough, a spitting of purulent matter, which is sometimes bloody, a hectic fever, and a difficulty of breathing. It is sometimes preceded with a spitting of blood; or arises from a congestion, or suppuration of blood in the lungs. When a consumption is beginning, it is often cured; but when it is in its last stage, never.

Then the intentions of cure are to cleanse and heal the ulcer, to allay the cough, to take off the fever, and to preserve the strength. In the beginning of a consumption, when the lungs are stuffed with a gross phlegm, and there is a continual cough, especially in the night, take from six to ten ounces of blood

from the arm, especially if the patient is full of blood, or accustomed to bleeding. This must be repeated twice or thrice at proper intervals, particularly when there is a flux of serum, and a copious expectoration of phlegm. If there is a nausea or inclination to vomit, give an ounce and half of oxymel of squills in a draught of posset-drink; this may be repeated three or four times, every third or fourth day, with a composing draught at night, or six grains of storax pills. Then give manna to carry the humours downwards, and the same pills at night. While the cough continues moist, give no oily medicines, but medicines that gently promote a sweat, manna, rhubarb, and apply a blister between the shoulders, not forgetting the composing things at night: or instead of sweating, boil half an ounce of the bark, and half an ounce of lignum vitæ, in three pints of water, to two, and give six spoonfuls every four hours. I have known thirty drops of Friar's balsam, taken every four hours, cure the beginning of a consumption. *When the lungs are obstructed*, and the throat and mouth are dry, then it will be proper to sup often some soft liquor, and to draw in steams from the same. Likewise, "Take two drams of spermaceti, forty drops of balsam of Peru, unite them together with part of the yolk of an egg, and then add two ounces of syrup of marsh-mallows." Take a tea-spoonful of this often, letting it go gently down the throat. *When the disease is confirm'd*, an issue on the side most affected, will be of great use; as also the following pills: "Take three drams of the powder of hog-lice, one dram of fine gum ammoniac, one dram of the flowers of benjamin, ten grains of the extract of saffron, and as much balsam of Peru; make them into pills with anisated balsam of sulphur." The dose is twenty grains thrice a day. They are of excellent use in all slow consumptions, joined to the scurvy or king's evil, before the tubercles of the lungs inflame and putrify. The good effects of riding are generally known, as also of asses milk. Half an ounce of conserve of roses eaten at a time, and often, has cured very dangerous consumptions. Some patients have taken half a pound a day with success. Others have almost lived upon it.

**CONVULSIONS.** The cure of these must be begun with bleeding, if the patient is full of blood, or the pulse great, but not till the fit is over, and may be repeated occasionally.

The patient should remove into dry serene air, and use constant exercise. The aliment should be easy of digestion, and all drams should be forborne. The best drink is whey. Warm baths for the feet, should be made with soft water, wheat bran, and camomile flowers. They should be used at bed time, and the patient should sweat after them. If the patient is costive, his body should be kept open with manna and oily clysters; and at the full and change of the moon, give an ounce of manna with three grains of tartar emetic, to cleanse the stomach and guts. If they happen about fifteen, the diet should be soft and nourishing; such as whey, milk, hartshorn jellies, and chocolate. He should likewise use baths of soft water with milk.

When convulsions proceed from worms, no sharp medicines should be used; but clysters made of milk, sugar, and oil. Liniments which purge should be laid to the navel; or make a plaster with two drams of aloes, eight drops of the essential oil of wormwood, and a sufficient quantity of ox-gall, and lay it on the same part. Likewise, wormseed may be taken inwardly, from a scruple to a dram. Or you may first give a few spoonfuls of oil of sweet almonds, and then from six grains to thirty of mercurius dulcis, made into a bolus with conserve of roses. If from the suppression of womens monthly evacuation, all hot medicines are hurtful, but bleeding and Bath waters will be proper. As also the tincture of castor; the dose is forty drops, thrice a day. Or, "Take five grains of camphire, four of musk, and three of assa foetida: make them into a bolus with conserve of mallow-flowers, and repeat it three times a day." When a stoppage of the bleeding piles is the cause, use the same remedies, and apply leeches to the fundament. When the sweating of the feet is stopt, or the matter of diseases of the skin is driven in, "Take three drams of wild valerian root, two drams of diaphoretic antimony, twenty grains of cinnabar; nitre, saffron, and castor, also twenty grains each; make them into a powder." The dose is a scruple, three or four times a day. The patient should drink whey for some weeks, and take now and then a dose of manna with cream of tartar; that is, an ounce of the first, with two drams of the last.

**CORDIALS.** See ANALEPTICS.

**CORNS.** These are hard callous tubercles, insensible of themselves, but by pressing and bruising the adjacent fibres, they often become very painful, particularly when they hurt the

the fibres of the tendons, or the *periosteum*, that is the membrane that immediately covers the bone. When the blood-vessels are compressed by corns, the circulation through them will be stopped, whence arises redness, and sometime an inflammation. If one of these fine vessels burst, a drop or two of blood will be extravasated, and then it will corrupt and cause the corn to turn blackish, which forbodes an ulcer.

Sometimes corns are more painful in the evening, and against change of weather; because, at those times, the nervous fibres are more stretch'd by a fulness of the vessels, caused by a diminished perspiration, which is always less in the cool of the evening, than in the day time; as also when the air is moist, the weight of the atmosphere is grown less, and the air becomes less elastic, which is always the case before rain.

When the root of the corn penetrates to the tendons, or the *periosteum*, and strongly compresses them, or when they have received some blow, or are cut too quick, it has often bad consequences, such as an inflammation, an abscess, a gangrene, or convulsions. When corns are superficial, and only lodged in the skin, they are easily cured. These need only be softened in warm water, and cut as near the root as possible; after which, a plaster must be applied, consisting of equal parts of the plaster of the mucilages, and that of ammoniac with mercury; or a small bit of the last alone will do of itself. Some use green wax, or a thin bit of lead rub'd over with quicksilver, or even simple diachylon alone. But, above all, care must be taken that the corn is not press'd by the shoe, or in any other manner.

Some have the art of drawing out a superficial corn, root and all. But if it adheres to a tendon, or to the *periosteum*, great care must be taken not to hurt those nervous parts. In this case you must only soften them for some time in warm water, and then pare off the surface, rubbing them afterwards with hot linseed oil, and laying a plaster of the mucilages over them. Those that use caustics, *aqua fortis*, or butter of antimony, often occasion terrible accidents. Some advise the cinnabar plaster of Bates, and recommend it from experience.

**COSTIVENESS.** This disorder, when obstinate, is generally owing to spasms in the guts, and is a usual symptom of convulsions, and the falling sickness. It creates wind, makes the excrements appear in little buttons like sheep's dung, and other bad consequences, especially in those that are hysteric or hypochondriac. When it is constitutional, it may be borne a long time without danger. Common costiveness may be cured



cured by purging mineral waters, purging salts, an ounce of Epsom salt, half an ounce of vitriolated tartar, or any other neutral salt and lenitive electuary. When the hardness of the excrements is the cause, eat ripe summer fruit, or scalded apples, or throw up a clyster made with half an ounce of soft soap, dissolved in half a pint of warm water.

**COUGHS.** These may be commonly cured with thirty drops of Friar's balsam, taken every four hours, or anisated balsam of sulphur, from three drops to ten, thrice a day. When a cough is obstinate, first bleed, and then take three or four spoonfuls of the following mixture every fourth hour: "Take six ounces of spring water, an ounce and half of salad oil, an ounce of pectoral syrup, and forty drops of spirit of hartshorn; mix them." When it is stubborn, and has continued some time, omit oily medicines, and take away from four to seven ounces of blood, repeating it once in eight or ten days, and give half a dram of the following pills twice a day: "Take half an ounce of Alicant soap, gum ammoniac prepared, hog-lice, and fresh squills, of each half an ounce; of balsam of Capivi, enough to make them into pills."

**COUGH, *hooping.*** When the child is full of blood, or the spittle is tinged with blood, bleed, especially when there is a small fever, or the child looks black in the face with coughing. Soon after a vomit must be given with half a spoonful or a spoonful, or upwards, of oxymel of squills, according to the child's age, which will bring up the viscid phlegm. When there is a large quantity, it must be repeated more than once; or he may take the decoction of twenty grains of ipecacuanha. Then the body must be loosened with about ten grains of rhubarb, to which two or three grains of alkalised mercury may be added. When there is a difficulty of breathing, and an oppression of the breast, you may give a spoonful of milk of gum ammoniac, three or four times a day: likewise give eight grains of the bark four times a day; or, which is better, "Take six drams of the extract of the bark, twenty grains of camphire, and twenty of cantharides; mix them." Ten grains of this should be given every third or fourth hour, in any water sweetened with syrup of cloves. When a sharp thin rheum drops on the lungs, this must be omitted, and a blister must be laid to the back.

**CRAMP.** When a cramp is violent, and there is any stoppage of the usual evacuation of blood, the patient must bleed, as also when the patient is full of blood, and the evacuations

if possible must be restored. If this method fails, recourse must be had to the same remedies as in the falling sickness. Outwardly, rub the part with Hungary water, or the saponaceous liniment, commonly called opodeldoc; as also with the green oil alone, or mixt with essential oil of rosemary. Likewise, the back bone, from the neck downwards, may be rub'd with the same things. When the part continues hard, anoint it with ointment of marsh-mallows, or neats foot oil, or the green ointment, or the oil of amber. If these fail, recourse must be had to the temperate baths, the drinking mineral waters, using regular diet, and keeping the mind easy.

**CRISIS** Various are the opinions of authors, about the nature and certainty of a crisis; but leaving them to their own judgments, I shall only relate what is agreeable to observation and experience. The crisis has been defined by some to be a sudden change in a disease, either for life or death. These changes happen on certain days, which are called critical days: they are reckoned by septenaries, and semiseptenaries, that is, every seven days, and half seven days or three days and a half. This crisis is performed by excretions; that is, by sweat, stool, or an hæmorrhage. On all other days, they are only symptomatical.

The fever called an ephemera, comes to a crisis in twenty-four hours, and then ceases. A continual fever without remission, the fourth day or seventh, by a bleeding at the nose with sleepiness, or a large sweat. Burning and bilious fevers, on the fourth or eleventh day, by a profuse sweat, often by a flux of the belly. A continual tertian remits on the third or fourth day, and turns to an intermittent. Catarrhal and epidemic fevers have been observed to remit on the third or fourth day, with pustules about the nose and lips, and an itching sweat. A slight pleurisy has gone off between the third and fourth day, with the expectoration of bloody matter with a cough; in very young persons on the seventh; in those that are older, and the disease more violent, on the fourteenth, with a large sweat, copious spitting, and a free respiration. A bastard pleurisy generally ends on the seventh or eleventh day, by a sweat or looseness.

An erysipelaceous fever abates between the third and fourth day, when an acrid bilious matter is sent to the skin. The plague throws out buboes and carbuncles on the third, fourth, or seventh day. The small pox and measles generally appear between the third and fourth day. In the spotted fever, the  
sp ts

spots appear on the fourth or seventh day. There is a kind of crisis in intermitting fevers, by scabby eruptions about the lips; and many chronic diseases go off by eruptions on the skin, ulcerous pustules, and the like. Likewise sleepy diseases, the vertigo and convulsive asthma, have been turned into the gout.

**DEAFNESS.** The passage into the ear may be sometimes obstructed with wax, and be the cause of deafness; or the drum of the ear may be ulcerated, corroded, or broken. Likewise the auditory nerve may be obstructed, relaxed, or compressed. Excessive noise, as that of a cannon, will sometimes cause deafness. When there is any thing in the outward cavity of the ear, which causes the obstruction, it may be easily seen. When the fault is in the nerve, a grain of calomel taken every night for a month in conserve of roses, has had good success. When wax plugs up the ear, it must be taken out carefully with a proper instrument. When the nerve is relaxed, put three drops of the following mixture into the ear: "Take a quarter of an ounce of the tincture of castor, six grains of musk, six drops of oil of rosemary, and two drops of the oil of cloves; mix them." They may be dropt on cotton wool, and put into the ear every evening; or two grains of musk alone may be put into the ear, which has frequently been of great service.

**DIABETES.** This happens when the patient makes water too often, and too much, exceeding in quantity the liquor drank. It is attended with a thirst, a wasting of the body, a heat in the bowels, with frothy spittle. Bristol water is a good remedy on this occasion, as also lime water, which may be drank from three half pints, to three pints in a day, as occasion shall require. Or you may boil a pint of milk a very little while, and then dissolve in it three drams of roch alum; take off the curd, and give the patient a gill of it three times a day, if the stomach will bear it; if not, less. Or you may quench a hot iron in new milk so often as to consume a third part; the dose is a gill twice a day. To perfect the cure, "Take an ounce and half of the bark, half an ounce of roch alum, and make them into an electuary with a sufficient quantity of the syrup of lemons." Let the patient take the quantity of a large nutmeg thrice a day.

**DEMULCENTS,** and **EMOLLIENTS,** are such things as blunt, sheath, or involve the corroding burning acrimony of the fluids: they likewise relax and mollify hard rigid tense fibres.

fibres, render them flexible, and dilate the vessels contracted by strictures. Demulcents are of great use in poisons; for milk, oil, and fat taken plentifully, will blunt their spicula or points, relax the spasms of the membranes, and promote their expulsion by vomit or stool. *Emollients* given in infusion or decoction, when in *chronic diseases* the acrimony of the humours affect the nerves, have commonly wonderful success, even in convulsions attended with madness, and scorbutic contractions of the joints, with a violent colic: these are roots of marsh-mallow and piony, leaves of mallows and camomile-flowers, borragé-flowers, white-lilies, elder-flowers, wild poppy-flowers, figs and fennel-seeds; a plentiful decoction of these should be used, made in water or whey; with a little oil of sweet-almonds, and a bath of new milk and water.

The marrow of animals taken inwardly, is very good in an acrid scorbutic state of the humours: sweet whey, saponaceous substances, soap itself taken often in a morning fasting, with a draught of hot liquor, are proper in the wasting of a limb, crackling of the bones, the flying-gout, and pains in the joints: in the ulcers of the kidneys and bloody urine, attending the small-pox, gum-tragacanth or cherry-tree-gum, or the dried white of an egg dissolved in whey, are of great use: cream and new milk are very good in hectic-heats, proceeding from the acrimony of the humours which arise from a fault in the bowels: in all sharpness of the humours, as well as in a vomiting and looseness, a bloody-flux, the scurvy, a scorbutic consumption, a consumption of the lungs, it will be proper to give jellies, made with hartshorn, or calves feet, or sheeps trotters. In costiveness from a stricture of the intestines, oil of sweet-almonds, whey, water-gruel, or hartshorn, will be useful either taken by the mouth or given in clysters. Mucilage of quince-seeds, is good in erosions and ulcerations of the parts, with heat and pain; such as the thrush, the blind and painful piles, tenesmus, bloody-flux, and the whites in women, which corrode the parts.

DIAPHORETICS are such medicines as gently promote perspiration, which of all evacuations is the most salutary; for its suppression occasions various diseases. On the contrary, the promotion of it corrects, resolves, digests and discusses the morbid matter, whereby diseases are safely cured. In acute diseases and fevers, as well as in inflammations of every kind, diaphoretics alone, given in small doses for some time in proper vehicles, answer all the intentions of cure, and are the best purifiers

purifiers of the mass of blood. Earthy and alkaline substances may become diaphoretics, such as bole-armoniac and burnt hartshorn, by destroying acids which repress the spirituous parts of the blood: others by the vapours of a soft anodyne sulphur, which relax the strictures of the skin, and ease pain; as the flowers of elder-saffron, wild poppy-flowers, gentle opiates, camphire, emulsions of poppy-seeds, and the thebaic tincture. Others abate the violent intestine motion of the blood, as small doses of nitre with fixed diaphoretics, dulcified spirit of nitre, emulsions of the greatly cold seeds, the juice of lemons and vinegar: others again gently stimulate the fibres, such as carduus benedictus, scordium, sarsaparilla, the lesser centaury, contrayerva-root, Virginian snake-root, sassafras, and zedoary.

**DIET.** The most general rule of eating and drinking with regard to health, is to proportion the quantity and quality of our food to our digestive powers. Hunger shews the best time of eating, but custom confines us to certain hours, which however, are different in different countries, in several parts of the same country, and even in various parts of this great metropolis. Persons that find no inconvenience from dining and supping every day, need not change their manner of life: but large suppers, and those that are hard of digestion, should be avoided by every body that would have quiet rest, a clean mouth, an easy stomach, and a clear head.

*Solid aliments* are taken from seeds, fruits, leaves, stalks and roots; of all which the seeds are most laboured, and contain a mealy and milky substance, and yield a soft oil which is very friendly to human bodies. The principal preparation of seeds, is bread, which is made of wheat, barley, rye, oats and Indian corn. Wheat yields most nourishment, barley is dry and promotes costiveness, rye is laxative; oat-cakes are eaten in most parts of Scotland, and the north of England, without any inconvenience. *Indian-corn* is much used in our plantations in north America, and is esteemed a wholesome food. The crust of bread is most easy of digestion, the crum being more oily and heavy: Some preparations of rice, barley and oats, are moistening, emollient and restorative: Nuts, almonds and chestnuts, are full of a nourishing oil, but are very hard of digestion. Pease, beans and lentiles, nourish much, but they are heavy, windy and viscous, and consequently their too frequent use will cause obstructions.

*Fruits,*

*Fruits*, which are pulpy and tart abound with water, and are useful in hot weather, being moistening, refreshing and sedative, because they quench thirst, abate the too rapid motion of the blood, and readily pass off the stomach, unless eaten too largely; such as straw-berries, goose-berries, currants, peaches, apricots, pears, apples and figs: they should be eaten ripe and in small quantities, but as they are windy, they are best boiled or baked, or made into sweet-meats.

*Pot-herbs*, sallad-herbs and roots, are less nourishing than the seeds above-mentioned. Lettice, succory, purslain and sorrel, refresh, moisten, loosen the belly, and appease the orgasm of the blood: cellery, cresses, parsley, asparagus, and artichokes, are a little heating: mustard, pepper, shallots, onions, garlic, cloves, mace, nutmegs, champignons, truffles, heat very much.

It may be observed in general with regard to vegetables, that those are best which arrive at perfection at their own natural season; not such as are forced by hot beds. The like may be said of animals, for all cramm'd poultry, and stall-fed cattle, are not so good as those that are brought up in a natural manner.

Fish abounds with moisture, and is not so nourishing as the flesh of four-footed animals, and in general passes more readily off the stomach; I say in general, because salmon and some others are hard of digestion. The flesh of young animals is the properest food for tender delicate constitutions; the juices of the old are spirituous, gelatinous, and more agreeable to the taste, but their flesh is hard of digestion. Wild animals are always preferable to the tame of the same kind; and those that live on vegetables or light food, are better than those that live on other animals or hard food.

Plain dressed food is easier of digestion, than what is pickled, salted, baked, or any way high seasoned; besides, the constant use of high seasoned, salted, smoak-dried meats, together with acids, as well as spirituous liquors, instead of yielding good nourishment, tend to harden and stiffen the parts of the body, and to breed various diseases, by rendering the blood acrid, and rending the small capillary vessels. Children should be fed with light, thin, slender, soft aliment, which is easy of digestion, or with the milk of a woman newly brought to bed, which is better than that which is older. Old persons likewise, should have soft, nourishing, moistening food, easy of digestion, and not too much at a time, especially in the evening.

Upon

Upon the whole, the best method of preserving health, is to live upon plain, simple aliment, lightly seasoned, if at all ; in a quantity and quality agreeable to the age, strength of the stomach, season of the year, sex, or constitution ; but more especially what nature has been found by experience to require. Perfect digestion is the best rule of regulating a meal, especially if the person is more brisk and lively after a repast, than before. *For farther particulars, see the account of aliments.*

**DIGESTION**, *want of*. This is attended with wind in the stomach, and frequent belching : sometimes the corrupt humours therein produce a sense of weight, and a pain. It may be caused by bad diet, or too plentiful feeding, especially upon things that are fat and oily, with a sedentary life and idleness. In this last case it will be proper to give a vomit, and then chew rhubarb to carry the humours downwards. The spaw-waters are very good in this case, with a spare diet and exercise : add to these, bitters, stomachics and strengtheners. *See APPETITE want of.*

**DIURETICS**. These are medicines that promote the secretion of urine. Little urine, or difficulty of making water, may proceed from *want of moisture in the blood*. Then water, whey, tea, coffee, spaw-water, or any aqueous fluid, will answer the purpose. Spaw-water is excellent in this case, because it will dissolve viscid and tenacious humours, as well as open obstructions of the kidneys. *When gross thick juices obstruct the urinary passages*, fixed, alkaline, or lixivial salts will be proper ; or Alicant or Castile soap, or tartar vitriolated, or the diuretic salt, or lime-water. *When there is spasm of the tubes of the kidneys*, then nitre will be proper ; as also emulsions of the greater cold seeds, or of poppy-seeds, or saffron, or oil of sweet-almonds. *When the tubes of the kidneys are too much relaxed*, give the natural balsams, or turpentine, or rob of juniper-berries, alum posset-drink, or decoctions of ground-ivy, and male-speedwel. *When the strength of these tubes is almost lost*, then you may direct stimulating diuretics, such as hogs-lice, leeks, garlic, or cantharides.

In a fit of the gravel, hot stimulating diuretics are improper ; but emulsions of white poppy-seeds are good, together with nitre, dulcified spirit of nitre, oil of sweet-almonds, and whey : as also emollient baths and fomentations. Stimulating diuretics are good for rustics, and persons that feed coarsely, for women that have the whites, in a gonorrhœa, and a disposition to a dropsy. *When there are gross humours in the bladder*, the

most acrid diuretics are best, such as garlic taken with the spirit of juniper, powder of millepedes, tincture of cantharides, &c.

In general *the most proper, safe and useful diuretics* are salt of tartar, salt of wormwood, fixed nitre, stibiated nitre, vitriolated tartar, diuretic salt and sal polychrestum: diuretics, especially the fixt salts and saponaceous medicines, are the best preservatives against the dropsy, stone and gout, whether in the feet, or what is called the flying gout.

**DROPSY.** There are three sorts of dropsies; the one is when water stagnates in or is shed all over the body under the skin, which at last gets into the belly, and under the skin of the private parts in men. Another kind, is when the water is only collected in the belly. Another kind, is when the belly is puffed up with wind, and will sound when struck: this is known by the name of a tympany. The first approach of the dropsy may be perceived by a swelling of the feet and ankles, which will pit in the evening when pressed by the fingers; especially if there be a difficulty of breathing. In the morning this swelling disappears. When the feet and legs are greatly swelled, the water rushes into the belly, and causes it to swell by little and little to a very great bulk.

The cure is to be performed by emetic-wine, purgatives, clysters and diuretics. An ounce and a half, or two ounces of emetic-wine may be given in a morning, and it will in due time free the belly from the load of waters. It must be repeated as the patient's strength will permit: if it does not purge downwards, it must be mixt with syrup of buckthorn after the third or fourth dose. The best purge is two grains of elaterium: but if the patient is easily purged, an ounce of syrup of buckthorn alone will be sufficient.

Some cannot bear either vomits or purges, and then the cure is to be attempted by such things as promote urine, thus: "Take a pound of broom-ashes, an ounce of leaves of worm-wood, and two quarts of Rhenish wine, mix them together cold, and let stand a day or two." A gill of the clear liquor must be given in the morning, at five in the afternoon, and at night. Or, "take three quarters of a pint of boiling water, and pour it on half an ounce of the leaves of wormwood, and a dram of salt of tartar. When the liquor is cold strain it, and add half a gill of compound juniper-water." This serves for three doses, and must be taken in a day: it is of excellent service in dropsies, succeeding



ceeding fevers. Or, "take an ounce of broom-tops, boil them in a sufficient quantity of water to a quart." Then give the patient a spoonful of whole mustard seed night and morning, drinking after each dose, half a pint of the decoction. Likewise a dram of nitre taken in a morning in a draught of ale, has cured the dropsy, when every thing else failed: Or, he may take six grains of the powder of squills, in a draught of warm gruel, mixt with a glass of mountain-wine. Or, "take of the fresh root of squills, six grains; of the compound-powder of arum, ten grains; of ginger, five grains. Pound them together, and make them into a bolus, with the syrup of orange-peel" This is to be taken every morning. When the bowels are sound, the last refuge is tapping.

When a tympany succeeds the bloody-flux, or agues, it will be sufficient to keep the body open, by giving a scruple of rhubarb every night, with five grains of the aromatic species. When the swelling begins to give way, then order the following electuary: "Take two drams of camomile-flowers, and beat them together with a little syrup of orange-peel; then add two drams of powder of ginger, and a dram of steel prepared with sulphur, with enough of the syrup beforementioned to make an electuary." The dose is the size of a large nutmeg, twice a day.

DRY BELLY-ACH. See BELLY-ACH, *dry*.

EAR-ACH. Sometimes the pain of the ear is so very violent, that it may have very bad consequences; in which case it will be necessary to take thirty drops of liquid laudanum, and to put a little bit of opium in the middle of a bit of sticking plaster, and to lay it to the temple on the affected side. Afterwards let the ear be held over a hot decoction of camomile-flowers in milk. You may likewise fill a hog's bladder with the same decoction, and lay it to the ear. In milder cases, a few drops of spirit of wine and camphire may, with cotton-wool, be put into the ear, rubbing the parts behind the ear with the same: Or, rub a dram of camphire, with an ounce of the oil of sweet-almonds, and use it in the same manner. When any thing is got into the ear, rub the passage with oil of sweet-almonds; then give the patient something to make him sneeze, and it will be forced out. When the pain comes after fevers, with a swelling of the glands under the ear, cupping on the neck with scarification will yield relief. Worms in the ears may be enticed out by warm new milk, or killed with oil of worm-wood or almonds.

EMETICS. See VOMITS.

EMOLLIENTS. See DEMULCENTS.

EMPYEMA. See ABSCESS.

ERRHINES are substances that promote a running at the nose, by stimulating the pituitary glandulous coat of the nostrils. The milder are called errhines, and the stronger sternutatories, because they cause sneezing. Powders compounded of marjoram, marum syriacum, flowers of benjamin, lilly of the valley, the raspings of *lignum aloes*, and a grain or two of ambergrise, are good in heavy pains of the head, the headache, sleepy diseases, weakness of memory, running at the nose, difficulty of hearing, a mucous defluxion on the eyes, giddiness, and add fresh vigour to the animal functions. Volatile sal amoniac mixt with oil of marjoram, and two or three grains put up the nose, has a remarkable virtue in dimness of sight and difficulty of hearing, in sleepy diseases, in the palsey and apoplexy from a cold cause. The stronger errhines are pepper, asarabacca, precipitated mercury, powder of white-hellebore and euphorbium; however these three last must be used with the utmost caution. But after all, there is nothing better than the watry extract of guaiac dried and reduced to a powder, for it has not only a stimulating but a strengthening property, and is friendly to the nerves.

ERYSIPELAS, or St. ANTHONY'S FIRE. This is commonly reckon'd a disease of the skin, but is more properly an eruptive fever: it begins with chilness and shivering; when of a very bad kind with a great shaking, a violent pain in the back and heat, a vomiting, and a delirium. The eruption generally attacks the head and face, but sometimes appears in other parts of the body. The tumour is superficial, and appears suddenly on the skin, with a sharp burning heat, and a lively red colour, which turns white when pressed by the finger. It frequently terminates in vesicles full of a sharp serous liquor. Sometimes the tumour subsides in a day or two, the heat and pain cease, the rosy colour turns yellow, the cuticle breaks and falls off in scales, and then the danger is over. But if the erysipelas is large, deep, and falls upon a part of exquisite sense, the patient is not very safe: if the red colour changes into black and blue, it will end in a mortification. When the fever is attended with difficulty of breathing, a delirium, or sleepiness, the patient sometimes dies in seven days time.

The cure must be begun by taking away eight or ten ounces of blood, especially if the patient is plethoric, or addicted to spirituous liquors, or when the disease attacks the head. In  
this

this last case, give the following purging draught, and lay a blister to the back; otherwise the following may be omitted: "Take Epsom salt and manna, of each three quarters of an ounce; of boiling water three ounces: when the salt and manna are dissolved, strain off the liquor, and then add a dram of the tincture of cardamoms." When the head is free, diaphoretics will be sufficient. "Take of rob of elder-berries an ounce, of burnt hartshorn a dram, of simple alexiterial water four ounces; mix and make a draught:" Or, "Take Mindererus's spirit, and syrup of white poppies, of each half an ounce; mix them for a draught." When the patient is very hot, add twelve grains of nitre to the first diaphoretic draught. Afterwards cap-paper or linen rags may be dipt in the following mixture, and laid pretty warm to the part: "Take of camphorated spirit of wine half a pint, of Venice treacle two ounces; mix them:" Or equal parts of camphorated spirit of wine and lime-water, will answer the same end. When the part tends to a mortification, give the Peruvian bark inwardly, and apply hot tincture of myrrh outwardly with linen rags.

**EXCREMENTS.** Regular stools are a sign of health, but when they err either in quantity, quality, or time, they denote some disorder. Costiveness creates and exasperates diseases of the head, as is observable in the head-ach, epilepsy, madness, melancholy, the palsy, and inflammation of the eyes and hardness of hearing. No fever makes its attack without previous costiveness; and when the stools begin to be natural, it is a promising sign of health. White or grey excrement denotes the jaundice: green stools are common to sucking children, with the gripes and convulsion fits. Excrements mixt with pure blood with little pain, shews the disorder is the piles: but when there are great pains about the navel, with frequent stools, it is the bloody-flux. In all diseases, if the body is costive, it should be kept open by laxatives. Some persons are naturally costive when in health, and then it may be borne without any great inconvenience.

**EXERCISE.** This, properly made use of, is an excellent means to preserve and restore health. Children are fond of it; and those that make most use of it, have sounder constitutions than those that sit moping at home. Walking is the best exercise to preserve health before it is lost, or when it has been retrieved; but riding on horseback is most proper to regain it. Riding in a coach agrees best with the very infirm, as well as

young children. That exercise is best which is used on an empty stomach, at least after breakfast; and should never be continued to weariness: and then it increases the circulation of the blood, attenuates and divides the fluids, promotes perspiration and a due secretion of the humours, strengthens the parts, creates an appetite, and helps digestions; wherefore those that use exercise are generally very robust, and seldom subject to diseases. But immoderate exercise dissipates the spirits, weakens the body, destroys the elasticity of the fibres, and exhausts the fluid parts of the blood.

The lungs are fortified by loud talking, and walking up an easy ascent: riding helps digestion, strengthens the nerves, and cures several kinds of head-achs. Riding in a coach over the stones, is good for the gravel in the kidneys, and will make small stones to pass downwards, that stick in the ureters. Playing at tennis, billiards, bowls, &c till a sweat is promoted, is good for rheumatick pains. Those that have feeble arms, should play at shuttle-cock or tennis, and any such like game. Those that have weak hams, should kick a foot-ball, and the gouty may recover the use of their limbs by walking in rough roads, but the fits will be longest prevented by riding on horse-back, or in a coach: those that are obliged to lead sedentary lives should, if possible, walk an hour before dinner, and as much before supper.

*Cold-bathing* is a kind of exercise, and is very advantageous to health; but should never be made use of by those that have weak lungs, or that are under the fit of a chronical distemper, with a quick pulse, or the head-ach. The flesh-brush is a most useful exercise, as is very evident from the effect it has upon horses; for this by warming the parts distributes the nourishment into every part of the body: likewise rubbing every part of the body with rough cloths or coarse flannel, has not only been found to preserve health, but to contribute to the cure of several diseases.

EXPECTORANTS, are such things as promote the excretion of pituitous matter from the lungs. In the choice of these, it must be observed, that when the humour is thin and the passages straight, then emollients are best, liquorice, saffron, sperma ceti, mallows, wild poppies, cream, oil of sweet-almonds, diacodium, and hartshorn gelly. When a plenty of thick matter stuffs the lungs, then resolvents are necessary, as male speedwel, hyssop, scordium, diuretic salt, and sublimated nitre: likewise things that stimulate the nervous coats to excretion,

cretion, such as gum ammoniac and its tincture, myrrh, benjamin, elecampane-root, florentine-orice, precipitated sulphur, and balsam of sulphur : when a greater spur is wanting, as in the pituitous asthma and suffocating catarrh, then oxymel of squills will be of great service.

We must observe in the use of expectorants, that when a cough proceeds from a thin sharp matter, we ought to use no stimulating medicines before it is tempered ; nor on the contrary, we should not prescribe emollients and relaxing things when the matter is concocted and prepared. In a moist chronic cough and pituitous asthma, when the lungs are stuffed with phlegm, lambatives, syrups and oils tend to weaken the stomach, destroy the appetite, digestion and chylication, which will occasion a greater quantity of phlegm, which brings on a cachexy or the œdematous swellings of the dropsy. In this case it will be best to order balsamic-pectorals, Friar's balsam, tincture of myrrh, balsam of sulphur, or anisated balsam of sulphur.

In a disposition to a consumption or spitting of blood, in a dry cough, in straitness or difficulty of breathing, in a compressing pain of the breast, which arise rather from a congestion of blood, than from any thing that wants to be brought up, we must neither mollify nor stimulate, for the disorder will be increased by such a practice. In acute diseases of the breast, such as the pleurisy and inflammation of the lungs, expectorants must be cautiously used, especially in the beginning, for fear of increasing the inflammatory state of the blood : but when the disease is declining, then they will be proper to promote the ejection of thick concocted matter from the lungs.

**FALLING-SICKNESS.** This is so called, because when the patient has a fit, he falls suddenly on the ground. When it gives warning of its coming, it may be known by a weariness of the whole body, unquiet sleep, unusual dread, dimness of sight, or a noise in the ears. In some there is a sense of cold air arising from the lower part of the brain. The fits are longer or shorter, according to the different causes ; some return on certain days, hours, and even months ; some at the new or full moon, or both. In women often at the time of their monthly evacuations : sometimes the passions of the mind will bring on a fit, especially a sudden fright. This disease generally ends of itself in boys when they are fit for marriage, in girls when their monthly evacuations begin to appear. Sometimes change of

place, diet, and the way of living, will put an end to the falling sickness.

To perform a cure, blisters may be laid to the back part of the head, a little before the fit is expected, and then “Take forty grains of valerian-root, and twenty grains of cinnabar; make them into a powder.” This is one dose, and must be taken morning and evening, for three or four months. Or, rather, “Take of the peruvian bark one ounce, of valerian-root a quarter of an ounce, and make them into an electuary with syrup of orange-peel.” The dose is a dram, morning and night, for three or four months, and afterwards, two or three days before the full and change of the moon: but if two drams of Virginian snake-root be added to the above electuary, it will make it still better. Some recommend an ounce of mistletoe with a dram of assa foetida, made into a powder; the dose is half a dram every sixth hour, drinking a draught of a strong infusion of the same plant after each dose. When a patient is so happy as to foresee the fit coming on, let the feet and legs be rubbed strongly with a coarse cloth, which may prevent it.

But, after all, there is nothing better than ten grains of musk, taken twice a day; unless a medicine lately discovered, and which may be had at Mr. Newbery’s in *St. Paul’s Church-yard, London*. It has been used in some of the London Hospitals, with great success, in the cure of this obstinate disease, and has succeeded when other remedies have failed, and perhaps is the very best hitherto found out for this purpose. I have been witness to its efficacy in some cases of this kind myself.

INTERMITTING FEVERS or AGUES, are of several sorts: sometimes they come every day, and then they are called quotidian; sometimes every other day, and then they are tertian; sometimes there are two days between each fit, and then they are quartan or third day agues. An ague generally begins with coldness, shivering and shaking, which is the cold fit, after which the hot or burning fit takes place, which is succeeded with a sweating, at which time the ague is over till the next return: the length of these fits differ very much, especially when they are epidemical or common, and sometimes there is scarcely any cold fit at all, at others the hot fit is scarcely perceptible. Spring agues may be generally cured with the bark alone, which you must begin to give as soon as the fit is off, and not before: half a dram is a dose, and six of these doses must be given in twenty four hours, till the fit returns,

turns, which it seldom does; however, some give a vomit before they will venture on the bark. To prevent a return, it will be proper to repeat the bark every eight or ten days, for three several times; it may be taken in red wine, or made up into an electuary with syrup of lemons. Those agues that happen after the end of the summer, are generally pretty obstinate, and then it will be necessary to add two drams and a half of Virginian snake-root to the electuary. When the countenance is yellow, the belly hard, and the body costive, it will be necessary to give the following electuary before the bark: "Take of Castile soap an ounce, species of hiera picra and steel in filings, of each forty grains, of syrup of orange-peel a sufficient quantity to make an electuary." The dose is half a dram, four times a day. Sometimes agues that will not yield to the bark, may be cured by the following powder: "Take twenty grains of the powder of camomile-flowers, ten grains of diaphoretic antimony, and the same quantity of salt of tartar; make them into a bolus with syrup of cloves:" it may be repeated every three hours.

**FEVER, REMITTING BILIOUS.** These assume the type of a quotidian or tertian, the cure is the same in both, and are most frequent in camps. It begins with chilliness, weariness, pains of the head and bones, and a disorder of the stomach; at night the fever runs high, the heat and thirst are great, the tongue is parched, and the head aches violently: the patient cannot go to sleep, and often talks as if he had lost his senses: but in the morning a sweat brings on a remission of all the symptoms; in the evening it returns again, but without any cold fit, and is commonly worse than before: thus it goes on till it turns to an intermitting or continual fever.

Begin the cure with bleeding, either in the remission or height of the fit; then give a vomit with twenty grains of ipecacuanha, and two grains of emetic-tartar, that it may work upwards and downwards; this must be done in the remission of the fever, and if it brings away a great deal of corrupted gall, the cure is effected. When the body is costive, and there are pains in the bowels, or a continual desire of going to stool, give a dram of vitriolated tartar, with ten grains of salt of tartar, dissolved in a convenient liquor, every fourth hour. This will not only open the body, but cause the fever to intermit. Or when there is no costiveness, give the following julep. "Take of mint-water and syrup of lemons of each

" two

“two ounces, of salt of wormwood a dram; mix them.” The dose is a spoonful every hour. When the patient does not sweat freely in the fit, give some doses of the following julep: “Take four ounces of simple alexiterial-water or milk-water, two ounces of Mindererus’s spirit, ten grains of volatile salt of hartshorn, and six drams of loaf-sugar; mix them.” The dose is two spoonfuls every two hours: when the fever intermits, and the intermissions are short, begin to give the bark before the sweating is quite over. If the patient has not been purged, add five grains of rhubarb to every dose, till the body is open. When through neglect it is changed to a continual fever, and the pulse is full and hard, bleed in the arm; when the pulse, is small and there is a pain in the head or a delirium, apply leeches to the temples, but blisters are the surest remedy; no vomits or purges must be given, but clysters may: likewise the following powder every sixth hour. “Take of compound powder of contrayerva twenty grains; of pure nitre ten grains, of camphire three grains; mix them.” If the pulse and spirits sink greatly, give ten grains of musk made into a bolus, and repeat it occasionally.

**FEVER, CATARRHAL.** This bears some resemblance with the former as to the fits, for it begins in the evening, with shivering and coldness of the hands and feet, but more particularly the feet and soles of the feet; there is a weakness of the head, a faintness of the whole body, thirst, difficulty of swallowing, a heat in the nostrils, mouth and throat, attended with sneezing: add to these a weight in the breast, and a frequent desire to make water. At night the pulse grows more quick and full with heat, a defluxion of rheum, unquiet sleep and sweating in the morning. The cause of this fever is the sharpness of the serum: hence a hoarseness, a cough, hawking up tough phlegm, a sneezing, a defluxion on the lungs.

To abate the sharpness of the humours, and to put the patient into a breathing sweat, give the following powder every fourth or sixth hour. “Take compound powder of contrayerva twenty grains, Virginian snake-root and saffron of each five grains; make a powder.” To appease the cough, “Take an ounce and a half of fallad-oil, six ounces of spring-water, forty drops of spirit of hartshorn, and an ounce of the pectoral syrup; mix them.” The dose is four spoonfuls every fourth hour; at night give six grains of storax pills, unless the head is weak, for then they must be omitted:

very



very heating and very cooling things are equally bad. If the body is costive, open it with manna, dissolved in water-gruel; or at night give twenty grains of the aromatic pills, with four grains of storax pills. When the fever is declining, and the cough is most frequent and obstinate, give two ounces of manna in fennel-water, to carry the humours downwards; or give a scruple or half a dram of Rufus's pills. When the fever is over, and the lungs are weak and lax, give thirty drops of the traumatic or Friar's balsam, several times a day. *You are to observe that bleeding is hurtful in this fever.*

**FEVER CONTINUAL**, *without remission.* This is of the inflammatory kind, and though it begins with a mild sense of cold, yet it soon rises very high, with grievous symptoms; it always affects one part of the body more than another: when it seizes the head, there is a strong beating of the temporal arteries, a swimming in the head, a drowsiness, a kind of stupidity or a raving, with a pain therein, a swelling of the face, and a redness of the eyes, which are full of tears. When it affects the heart and vessels of the lungs, there is a short difficult breathing, with a straitness of the breast, a strong beating of the heart, with loss of strength and sinking of the spirits. Thus, from the particular oppression in any part, the seat of this fever may be always known.

In the cure, to free the vital parts from the inflammatory congestion of blood, the patient must lose blood freely, and the patient may be indulged with jelly of currants, or the juices of oranges or lemons; or a cooling drink may be made thus: "Take a quart of spring-water, and mix it with juice of oranges, rose-water and loaf-sugar, of each an ounce." Or he may drink whey with a little lemon-juice: then repeat the bleeding the next day if nothing forbids; if drops of blood proceed from the nose, promote it with thrusting up a straw: if the patient was costive before the disease, he must take a laxative, otherwise clysters are sufficient to procure stools; the nitrous decoction will be likewise proper. "Take two pints and a half of spring-water, with two ounces of sugar, half an ounce of nitre, and a scruple of cochineal; boil them to a quart." The dose is a gill thrice a day. Or give the diaphoretic mixture, with spirit of Mindererus, mentioned in the remitting bilious fever. *When the spirits sink, and the inflammatory symptoms still remain*, then, and not before, blisters may be used, and they will prove the chief remedy; lay one first to the back, then the next day to the legs and thighs, re-serving

serving the arms for the last: in great lowness, attended with a delirium, sinapisms must be laid to the feet. Opiates are always unsafe in this disease. *But let me remind you once for all, that the safest and speediest cure in this disease, is Dr. JAMES's FEVER-POWDER, and not only in this but in all INFLAMMATORY FEVERS, PUTRID, YELLOW and NERVOUS FEVERS, as well as ACUTE RHEUMATISMS;* and therefore a great deal of hazard and trouble may be spared in attempting the cure any other way.

FEVERS affecting INFANTS. Acidity is the chief cause of fevers in children, and therefore the cure depends on destroying it; this is done by rendering them fit to be expelled, and then purging them out of the body. This is effected by absorbing them with prepared oyster shells, or compound powder of crabs claws. When the child is about a year old, “take  
“ a dram of the compound powder of crabs claws, forty  
“ grains of prepared crabs eyes, and six grains of cochineal;  
“ mix them:” divide this powder into six parts, and give a dose immediately. If the case is urgent, another two hours afterwards, and then every fourth hour, unless prevented by sleep; this may be done for two days, in a spoonful of the following julep. “Take of simple alexiterial water six ounces, of spirituous alexiterial water half an ounce, of double refined  
“ sugar half an ounce, mix them:” another spoonful may be taken to wash it down. *When there is a cough,* give a small spoonful of the following julep: “Take four ounces of pennyroyal-water, two ounces of syrup of marsh-mallows, and  
“ one ounce of syrup of balsam; mix them.” On the third day, unless the measles or small-pox appear, give the following laxative. “Take a quarter of an ounce of solutive syrup of  
“ roses, ten grains of rhubarb, and a quarter of an ounce of  
“ simple alexiterial water; mix them.” When there is any unusual symptoms arising from putrid humours, it will be best to give six grains of Ethiops mineral the night before the purge, in a spoonful of any agreeable syrup: after the purge, the absorbent powders are to be repeated three or four times in twenty four hours, for two days and two nights; on the third day, the purge is to be repeated, which must be made stronger or weaker, according to the operation of the former; by these means the symptoms generally cease.

FEVER MILIARY. This begins with shivering, succeeded with heat and loss of strength; there is a straitness about the breast, attended with anxiety and deep sighs, restlessness

ness and watching; at least the sleep is very unquiet and disturbed: there is a pricking kind of heat perceived in the back, with an alternate succession of cold, shivering, and heat under the skin, but is most sensible in the palms of the hands. Child-bed women have the lochia stopt, and the milk leaves their breasts. Then comes on a roughness of the skin, like that of a goose, and a great number of pustules or pimples appear, sometimes white, sometimes red, or both together, of the size of millet or mustard seed. They first appear on the neck, then the breast and back, afterwards the arms and hands. When these pimples begin to rise, the more grievous symptoms cease. When they are ripe, they are full of stinking matter. In seven or eight days, the pustules dry and fall off in scales. Sometimes they appear on the fourth day, sometimes on the seventh, and sometimes not till the fourteenth.

The cure must be begun with moderate bleeding, unless the patient be in a sweat, in which case it must be omitted or put off to a more convenient time. Likewise, when this fever makes its attack with sudden loss of strength, the patient must lose no blood. Blisters are generally necessary, especially when the pimples strike in, and then they may be applied to the neck and calves of the legs. When there is internal heat, thirst, and a large pulse, give the following bolus every sixth hour: "Take sperma ceti and compound powder of crabs claws, of each twenty grains; of purified nitre, six grains; of saffron, five grains; make them into a bolus with the syrup of red poppies." But when there are signs of malignity, with coldness of the external parts, and heat by fits, nitre must be omitted. When there is a great number of transparent bladders, or pimples hardly visible, give powerful alexipharmacs; such as, twelve grains of musk made into a bolus, with the same quantity of the cordial confection; or endeavour to carry off the disease with laxatives, such as manna, rhubarb, or Epsom salt. If, after the disease is cured, the patient should be troubled with a thrush or hiccuping, they will readily give way to a few doses of the bark.

**FEVER NERVOUS.** This comes on with slight transient chillinesses, often in a day, and uncertain flushes of heat. They are listless, and seem to be quite weary; they are apt to sigh, and complain of a heaviness, sinking of the spirits, with a load, pain and giddiness in the head; as also to yawn and doze; they have no stomach, and disrelish every thing; they have a reaching to vomit, but bring up little or nothing. The  
breath-

breathing is difficult by fits, and at night all the symptoms grow worse with a **LOW, QUICK, UNEQUAL PULSE**, *which must be particularly observed, as being an inseparable sign of this disease.* The countenance is heavy and dejected; sometimes they are quite wakeful, or if they fall asleep, they will not own it. They make water often and suddenly. The urine is pale. There is often a dull pain and coldness on the hind part of the head, or a heavy pain on the top of it. These commonly precede a delirium. About the eighth day, the giddiness, pain, or heaviness of the head become much greater, and all the symptoms are stronger. The patient is subject to faint in attempting to sit up, which may be sometimes fatal, and therefore must be avoided.

In the cure, all strong medicines must be shunned: however, a gentle puke may be given at first, and clysters of milk, sugar, and salt may be thrown up every second or third day. Blisters and mild diaphoretics are chiefly to be depended upon; for a breathing sweat gives ease, but a large one is pernicious. “Take of the compound powder of crabs-claws, fifteen grains; saffron, castor, of each three grains; mix them and make a powder.” This may be taken every fourth or sixth hour, in sack whey or soft wine. This last is a great cordial in this disease, and will support and revive the spirits strangely; for which reason, cordial juleps should not be given by spoonfuls, but by draughts. When there is a great confusion and dejection of spirits, blisters may be laid to the neck, back part of the head, or behind the ears. Whatever symptoms appear, for this disease will put on various shapes, avoid bleeding when the pulse is small, quick, and unequal, which is always the case in this fever. When the breathing is thick and laborious, with sighing or sobbing, then give the following bolus: “Take compound powder of contrayerva, fifteen grains; of saffron, three grains; of confection alkerms, enough to make a bolus.” After which, the following draught must be drank: “Take half an ounce of the juice of lemons, twenty grains of salt of wormwood; then add an ounce and a half of simple alexiterial water, a dram and a half of compound lavender water, and as much of syrup of saffron, as also, a dram of fine loaf sugar; mix them.” When vast tremblings come on, and twitching of the tendons, instead of the bolus, give ten or fifteen grains of musk, which may be repeated every fifth, sixth, or eighth hour. Likewise, lay a blister to the thighs, legs, and arms. *Be sure re-*

*member, to indulge the patient with any sort of wine he likes best.* Towards the decline of the fever, when the sweats are copious and weakening, you may give the following tincture of the bark, every fourth, sixth, or eighth hour: "Take two ounces of Peruvian bark, an ounce and a half of the yellow part of orange-peel, three drams of Virginian snake-root, four scruples of saffron, two scruples of cochineal, and a pint and a gill of French brandy; put them into a bottle, cork it up, and let them stand for some days." When there is an evident intermission, other preparations of the bark may be given, with half an ounce of the syrup of lemons, and twenty grains of salt of wormwood. A dose of rhubarb now and then will carry the putrid humours downward.

### FEVER PUTRID, MALIGNANT, SPOTTED.

The fever makes its attack with sudden loss of strength, in-somuch that the patient can hardly walk or stand upright, and is apt to faint. The head aches from the very beginning, and is hot and dull, with lowness of spirits, and a kind of despair. The patient has little or no sleep, at least that is refreshing. The appetite is lost, the countenance dejected, the pulse is weak, small, and unequal. The patient lies in bed in a disorderly manner. There is an oppression of the breast, sometimes with a dry cough. There is an undulatory and tremulous twitching of the fibres of the muscles and tendons; as also, a leaping or twitching of the tendons themselves. However, some are insensible of all other symptoms but weakness and want of sleep. On the fourth, fifth, and seventh day, the spots appear on the back and loins of various colours, generally without relief, being rather symptomatical than critical.

In the cure, a full quick tense pulse indicates moderate bleeding, which must never be repeated. Besides, taking away a large quantity at first is generally fatal. If the head only suffers, it will be safest to take blood away from the temples with leeches. When there is a delirium, with a sunk pulse, bleeding is pernicious. Many have recovered without bleeding, but few or none that have lost much blood. Vomits at the beginning may nip the disease in the bud. When the fever is fixed, and vomiting comes on of itself, it may be then dangerous to give one. But some draughts of camomile tea may be allowed, and the juice of lemons with salt of wormwood, mentioned in the nervous fever, and three quarters of an ounce of syrup of white poppies, may be all given to allay the

the commotions; but the common use of opiates is dangerous.

Costiveness may be removed by laxative emollient clysters, and will be proper at any time of the fever, when there is a nauseous bitterness in the mouth, sickness at the stomach, with belchings that have a strong smell. The next care is to promote a breathing sweat, which must be done by mild means: "Take  
" of contrayerva root, ten grains; of nitre, six grains; of  
" camphire, three grains; make a powder." This may be taken every third hour. But the most certain remedy to procure a sweat, is half an ounce of the spirit of Mindererus. If the patient can be brought to a thorough sweat with a rising pulse, it may prove critical; but it must never be forced: when it is too profuse in the beginning, it must be checked.

If nature endeavours to relieve herself by vomit, between the seventh and fourteenth day, or by loose stools, a gentle laxative of manna, or cream of tartar may be proper, unless the appearance of an eruption, or a kindly sweat forbid it. When the looseness is too profuse, it may be checked with red wine mulled with cinnamon, or an astringent clyster with diascordium: but it is very dangerous to suppress a critical looseness too soon, especially as the disease is often carried off that way. It certainly promotes health, when the fever is past the height, when there is a gentle breathing sweat, or a warm moisture of the skin. When the pulse sinks with a looseness, some drops of liquid laudanum may be added to other medicines.

When the pulse sinks and the stupor increases, at which time the spots commonly appear, the general remedies are an alexipharmac decoction, a cordial mixture, or wine given alternately, and the patient must never be two hours without drinking some of them. The alexipharmac decoction is thus made: "Take Virginian snake-root bruised, and the Peruvian bark  
" in powder, of each three drams; boil them in a pint of wa-  
" ter to one half, strain off the liquor, and then add an ounce  
" and a half of spirituous cinnamon water, and a quarter of  
" an ounce of syrup of cloves." The dose is four spoonfuls every fourth or sixth hour. This will keep the patient from sinking under the disease, and, when the fever is gone, will be a preservative against a relapse. The snake-root alone may be given as soon as the pulse begins to fail; but the bark is not to be added till the decline of the disease. The patient may likewise be indulged in the free use of wine, which alone is a high cordial. Some think generous red wine the best. But if the de-

delirium increases on using wine, if the eyes look wild, or the voice becomes quick, a true phrenzy is to be feared ; then all heating medicines aggravate the symptoms, and blisters, before useless, become of considerable service ; likewise when the pulse most sunk, sinapisms must be laid to the feet ; that is, pul-tices with horse-radish, or mustard seed with salt and vinegar. The patient must not be allowed to sit up, because many have lost their lives by attempting it.

**FEVER, BURNING.** This is known by the burning heat of the skin, which is most remarkable about the heart. The breath is extremely hot, with a dryness of the whole skin, nostrils, mouth and tongue. The breathing is thick, difficult and quick ; the tongue is yellow or black, parched and rough. The thirst is unquenchable, with a loathing of food, a nausea, and a vomiting. But this fever is uncommon in this climate.

The cure requires pure cool air, frequently renewed, and after bleeding, he must drink plentifully of soft, tartish, watry warm liquor, and receive the steams of warm water into the mouth. When there is a costiveness, it requires soft, diluting, laxative clysters. A dram of pure nitre, dissolved in a quart of whey, may be given for drink. No medicines should be given that promote sweat by their acrimony, but their plenty, such as those just mentioned. They may be made gratefully acid with tamarinds, which will tend to keep the body open. There is a **BURNING BILIOUS FEVER** of the *West-Indies*, commonly called the **YELLOW FEVER**. It has some symptoms in common with the former ; but may be readily known by the saffron colour of the eyes, twelve hours after the attack. There has been no certain remedy yet found out to cure this disease, but Dr. James's **FEVER POWDER**.

**FEVER, HECTIC.** A continual heat attends this fever, with a hard, quick, weak pulse, which symptoms increase after eating, and towards evening. The skin and tongue are hard and dry, the cheeks red, the whole body is weak and flabby, the sleep without refreshment, the urine red with a sediment, and a blue fatty skin on the top. The whole body falls away, so that the bones stick out every where.

There is a fever not unlike this called a **SLOW FEVER**, which has milder symptoms, a gentler heat, with profuse sweats after sleeping ; after which, and before noon, the pulse is natural. The skin is not so dry, and urine not so dark coloured. The cause of this is in the fluids, but the hectic in

the solids, proceeding from a corruption of some one of the bowels; whence it seldom or never admits of a cure.

When a slow fever proceeds from crudities, a vomit will be proper, and then give vitriolated tartar to incide and carry the humours downward; afterwards a little rhubarb, and these must be given when the fever is off. And indeed, this last is an effectual remedy against all slow fevers, unless they depend on other diseases, and then regard must be principally had to them. When it proceeds from a great loss of blood, or any of the necessary fluids of the body, it requires rest both of body and mind; a light temperate diet, and such medicines as allay heat, and at the same time revive the spirits; such as asses milk, chicken broth, craw-fish-soup, oysters, and other shell-fish; together with wine mixt with water. In a *Hætic Fever*, the only refuge is a milk diet, with frequent riding. If asses milk cannot be had, let the patient drink the milk of a cow at grass in a morning; that is, a pint mixt with an ounce of manna, or sugar of roses, or conserve of roses. After this let him drink a quart a day, dissolving in it half an ounce of sugar, and half a dram of nitre. No wine must be allowed, but a little mead for the stomach's sake. Likewise, he may take small doses of the bark made into an electary, with syrup of lemon juice.

**FEVER, MILK.** The milk-fever happens on the third or fourth day from the delivery, and arises from the plentiful flow of milk into the breasts. Sometimes there is a swelling in the breasts, which reaches as far as the arm-pits, where the pain is commonly violent. It generally continues a day or two, and ends by the benefit of nature, in a plentiful sweat. The child should be put often to the breasts; but if she does not intend to give suck, they should be drawn by a proper person. When the pain is great, the lochia will stop, but flow again as soon as it is over. To prevent the curdling of the milk, warm linseed oil, or oil of sweet almonds, may be used to keep the breasts supple, rubbing some upon them with a warm hand. If the fever should happen to be very acute and hot, threatening an inflammation of the breasts, it will be proper to bleed. Women generally put double cloths dipt in brandy under the arm-pits, to drive back the milk.

**FEVER, SCARLET.** This chiefly attacks children, and begins with a coldness and shivering, without any violent sickness. Afterwards the skin is covered with red spots, which are larger, more florid, and not so uniform as the measles.



The redness remains two or three days, and then disappears. The cuticle falls off, leaving mealy scales behind them. In the cure, let the patient abstain from flesh, hot cordials, and spirituous liquors; keep him within, but not confined constantly to his bed, and then medicines will be of little use. But if the patient has convulsion fits about the beginning of the disease, or is very sleepy, it will be necessary to lay a large blistering plaster to the hind part of the neck, and to give a little syrup of white poppies every night till he is well. His drink must be milk mixt with thrice the quantity of water. After it is over, give him a gentle purge.

**FRENCH DISEASE.** When a man or woman has had the disease common called a clap, the cure of which has been neglected, or not properly managed, then it rises to the degree called the French pox. This is first known by a swelling like boils in the groin, called buboes. These are followed with pains, which cruelly afflict the head, joints of the shoulders, arms, and ancles. They are felt most in the night when the patient is warm in bed, and seldom leave him till towards morning. Likewise, scurf and scabs appear in various parts of the body, which are as yellow as a honey-comb; sometimes they are very broad, but the more they are dispersed over the body, the less is the torment. All these symptoms increase by degrees, especially the pain, which becomes so intense, that the patient is not able to lie in bed. Afterwards nodes or knots arise in the skull, shin-bones, and bones of the arms, which being attended with constant pain and inflammation, they at length corrupt and grow rotten. Eating ulcers likewise seize various parts of the body, beginning first at the throat, and from thence creep by degrees to the palate, to the gristle of the nose, which being consumed, the nose falls down flat.

The cure has generally been attempted by salivation, but that is more hazardous, and less effectual than taking quicksilver pills: "Take two drams of quicksilver, and grind it in  
" a mortar, with turpentine enough to kill it, and then add  
" thirty grains of coloquintida pills, with aloes; mix them  
" together, and make twelve pills." One of these pills taken night and morning, will keep the body open without gripes or sickness. If they should make the mouth sore, they must be left off immediately, and not be taken again till it is gone. They must be repeated till all the symptoms are gone. If the patient at night takes half a pint of the following decoction, as hot as he can, and sweats after it, it will hasten the cure.

“ Take four ounces of the raspings of guaiacum, and boil them in a gallon of water to two quarts.” When there is knots in the bones, lay some of the following plaster over them: “ Take of factitious cinnabar, two ounces; of yellow bees wax, half a pound; oil of roses, two ounces; melt them together for a plaster.” This will disperse them miraculously. A little of the blue ointment may be rub’d into the buboes once a day, before they begin to ripen, which will disperse them. When the cure goes on successfully, all other symptoms will vanish of course.

**GALLING** in *Children*. Sometimes the sharpness of the urine will fret off the outward skin near the private parts; as will sweating in the wrinkles of the neck, under the arms, and in other places. To remedy this, the parts must first be washed in warm water, and then put the fine powder of cerufs in a rag, and shake a little of it out upon the place. When the parts are very sore, dissolve thirty grains of white vitriol in half a pint of water, and dab a little of it on the sore place with a rag.

**GONORRHÆA VIRULENT**, or a **CLAP**. There are many symptoms by which this disease may be known, but I shall pass them over, because if either sex have a heat or smarting in making water, with a running that colours their linen yellow or green, they may certainly conclude they are infected. This may sometimes be received from a husband or wife, and the innocent party may not know what is the matter, till they are far gone. In men, the urine seems to burn as it were the urinary passage; but women complain more of a difficulty of making water.

The cure must be begun with the following pills: “ Take of quicksilver, two drams; of gum guaiacum, a dram; grind this and the quicksilver together, with a little syrup of lemons, till it disappears; then add of the coloquintida pill, with aloes, half a dram, and beat them into a mass, out of which make twenty-four pills.” Two of these are to be taken night and morning, for a week or ten days, unless the patient’s mouth begins to be sore, for then the quicksilver must be left out. If they purge too much, one pill may be taken instead of two. When the penis is bent downward by the contraction of the bridle, and continues so, give twenty grains of nitre with as much sugar, in a draught of the following mixture now and then: “ Take a quart of mercurial water, and mix it with an ounce of the solution of gum arabic, and an

“ and an ounce of syrup of marsh-mallows.” The mercurial water is thus made: “ Take four ounces of quicksilver, “ and boil it in two quarts of soft water to a quart.” The patient may drink this through the whole course. After this, the pills may be given for ten days more at night only, and the quantity of a nutmeg of the following electary in the morning: “ Take of virgin honey, an ounce and a half; of “ balsam capivi, six drams; powdered jalap and salt-petre, of “ each a dram; make them into an electary.” The patient must drink a draught of the mixture, both after the pill, and after the electuary. When the running grows less, more white and more clammy, the electuary only must be taken night and morning some days longer. If it purges too much, put rhubarb in the room of jalap. If the running will not stop by these means, give half a dram of boiled turpentine, three times a day, made up into pills. When this method is observed carefully, the patient may be cured in about three weeks.

**GOUT FLYING.** This is improperly called by some the *scorbutic rheumatism*, and may generally be distinguished by the patient's urine; for a kind of filaments or threads may be seen to float in it, which are not quite so transparent as the urine itself, but when taken out they will appear as pellucid as crystal, will rope to a great length, and when dry'd will turn white. This is the morbid matter of the gravel, gout, hip-gout, and all such kind of pains distinct from the rheumatism. To cure this disorder, nothing is more certain than Spanish soap; of which, from half an ounce to an ounce must be taken in a day for a month together.

**GOUT.** This disease is well known, and needs no description. The best cure for it is the duke of Portland's powder, which is now sold in most apothecaries shops in London. A dram of this is to be taken every morning for three months, in a cup of wine, water, broth, or tea. Then three quarters of a dram for three months longer, and half a dram every morning for six months more, fasting an hour and a half after each dose. After the first year, it will be sufficient to take half a dram every other day. The patient must not be discouraged if he perceives no great amendment at first. It works slow, but sure, and it may be sometimes two years before he receives any benefit. A dram of flower of brimstone taken every morning in a spoonful of milk, has prevented the gout for many years.

**GRAVEL, a fit of.** This is attended with a fixt pain in the region of the loins, bloody urine, voiding of gravel or small stones,

stones, a numbness of the thigh on the side of the part affected, a nausea and vomiting. When the stone is fallen into the bladder, the urine becomes thick, turbid, of the colour of coffee, and is more plentiful than before. The chief intention of cure, is to make the stone pass easily from the kidney to the bladder, which may be best done by the following medicine: "Take of Alicant or Castile soap, four ounces; of double refined sugar, two ounces; of fine fallad oil, an ounce; of oil of anniseeds, forty drops; mix them." A dram of this made into pills must be taken every two hours during the fit. When there is a vomiting, mix twenty grains of salt of wormwood with a spoonful of juice of lemons, and give the patient. If the pain is very violent, then bleed, and dissolve four grains of opium in six ounces of the common decoction, and give it as a clyster. Or you may make a bath of camomile flowers, roots of marsh-mallows, and linseed oil, and let the patient sit in it. This will often put an end to the pain, when bleeding and opiates have had no effect. When the roots are wanting use the leaves.

**GREEN-SICKNESS.** When a girl is afflicted with this disease, her complexion at first is pale and wan, which after a while becomes greenish or more dark, and there is a red or dark circle appears under the eyes. The whole body is heavy and dull. The feet seem unapt for motion, with a difficulty of breathing, palpitation of the heart, a pain in the head, a desire of eating coals, chalk, &c. At length the face is bloated, and the ancles and eye-lids become swelled. The intention of cure is to keep the body open, to warm the blood, to dissolve the fizy humours, and to open the obstructed vessels. All which may be effected by the following electary: "Take of Castile or Alicant soap, three ounces; powder of rhubarb, species of hiera picra, and filings of steel, of each half an ounce; of syrup of orange peel, enough to make an electary." The dose is forty grains, twice a day. The patient's drink should be spaw-water, or any other chalybeate water, or a spoonful of the steel wine, or two spoonfuls of the bitter wine. If the above electary should be too purgative, substitute the following: "Take of the Peruvian bark, half an ounce; of the compound powder of crabs claws, half an ounce; of the filings of steel, two drams and a half; of salt of wormwood, two scruples; make these into an electary with syrup of orange peel." The dose is the quantity of a nutmeg twice a day. Or, take seven grains of the filings of steel,

steel, and make them into three pills, with the extract of wormwood, for one dose, which must be taken early in the morning, and at five in the afternoon, for thirty days together. HOOPER'S PILLS, *so'd by Mr. Newbery in St. Paul's church-yard, London*, have had very good effects in the cure of this disease, and is perhaps the best medicine yet discovered for this purpose.

GUMS LAX and apt to BLEED. To cure this disorder make use of the following gargle. "Take of oak-bark an ounce, of spring water a pint and a half; boil them to a pint, and then add of roch alum a dram, of honey of roses an ounce; mix them;" and gargle the mouth with it pretty often.

HEART-BURN. This is a pain about the pit of the stomach, often attended with anxiety, a nausea, reaching to vomit, and sometimes actual vomiting; it generally proceeds from sharp sour humours, gnawing some part of the stomach. A common heart-burning that happens in a morning, may be generally cured by drinking tea or coffee, or a decoction of camomile flowers, or a dram of orange peel in a glass of wine, made pretty hot and sweetened with sugar; likewise crabs claws prepared, or chalk, or any other absorbent powder is good to correct the acrimonious humours of the stomach; as also the lozenges, for the heart-burn, of the shops, which may be carried in the pocket and eaten at pleasure: or, "take of prepared chalk half an ounce, of gum arabic twenty five grains, of white sugar an ounce, and pour on boiling hot water a quart; then add of spirituous cinnamon water half an ounce; mix them." This may be drank at pleasure. When the heart-burn proceeds from a plentiful meal, give a gentle vomit; if the vomiting is begun, you must assist it with large draughts of carduus tea or warm water.

HIP-GOUT, or SCIATICA, is a violent and obstinate pain in the hip, chiefly in the joint, where the head of the thigh-bone is inserted into its socket: the pain will sometimes reach as far as the lower part of the loins, to the thigh and leg, and yet no change of colour in the skin is to be seen outwardly. In the cure the patient must be purged twice a week, for six times, with twenty or thirty grains of rhubarb, and ten grains of calomel, made up into a bolus with conserve of mallow flowers: after this is over, "boil the raspings or shavings of guaiacum, of the bark and wood of sassafras, and of raisins stoned, each a quarter of a pound, in a sufficient quantity of

“ water, for ten hours, to a gallon ;” this must be for common drink : then take the following bolus every night. “ Take of  
 “ cinnabar a scruple, of gum guaiacum and camphire each  
 “ five grains, of volatile salt of amber four grains, of con-  
 “ serve of wood sorrel half a dram, make them into a bolus  
 “ with syrup of balsam ;” this must be continued five or six weeks. Some put the saponaceous liniment or opodeldoc upon the part, others apply cupping glasses, and others a caustic made with a mixture of quick lime and soft soap ; but the best and surest way of curing this disease, may be seen in the flying gout.

**HYPOCHONDRIAC PASSION.** This disease is attended with tensions and windy inflations of the stomach and intestines, especially under the spurious ribs on the left side, in which a pretty hard tumour may sometimes be perceived ; besides, there are such a large train of symptoms, it would be a hard task to relate them all. There is commonly a costiveness of the body, with an uneasiness of the mind, which renders the patient distrustful, morose, sad or melancholy, with loathing of food, wringing pains of the intestines, and various disorders of the head ; in short, it imitates all diseases, and can be known by no symptom more certainly, than a *despair of recovery*. The cure must be begun with laxatives or gentle purges, to cleanse the first passages, such as manna, rhubarb, *tinctura sacra*, or Epsom salt ; or the patient may take the following pill. “ Take succotrine aloes and Spanish  
 “ soap of each equal parts, of thin honey enough to make  
 “ them into pills.” The dose is half a dram over night, or early in the morning : all sorts of good bitters will be proper to strengthen the stomach, as also the steel medicines mentioned under the green sickness : or, “ Take of filings of steel six  
 “ drams, of candied ginger an ounce, of conserve of orange-  
 “ peel three ounces, of syrup of orange peel enough to  
 “ make an electary.” The dose is the quantity of a small walnut three times a day ; likewise the following electary is a great strengthener : “ Take of Peruvian bark an ounce and a  
 “ half, of filings of steel or colcothar of vitriol three drams,  
 “ of syrup of orange-peel enough to make an electary.” The dose is the quantity of a nutmeg thrice a day. Sometimes it will be proper to bleed in the foot ; or if the bleeding piles have been stopt, leeches should be applied to the part affected, as often as the patient is troubled with a pain of the loins, or near the place from whence the eruption proceeded : *in the fit,*  
 the

the patient should put his feet pretty deep in a warm decoction of wheat-bran and camomile-flowers, and the body, if costive, should be opened with clysters.

**HYSTERIC PASSION.** This is a disorder proceeding from the womb, when there is corrupted blood or serum retained therein; an hysterical fit is preceded with a pressing pain of the forehead, temples or eyes, an effusion of tears, a dimness of sight, and a dulness of the mind and senses; the patient in the fit is exceeding costive, and has a strong desire to make water, which is thin and clear. The whole body is languid, with a difficulty of breathing, a pain in the loins, and a shivering or shaking; the belly is hard, and the navel is drawn inwards, the heart flutters, the extremities are cold, and the parts about the throat seem strait as if bound with a cord. Some have strong convulsions of the head and limbs, others have their face and neck look red and inflamed, others again break out into fits of laughter, and utter many absurd things. The patients may generally be brought to their senses by burning feathers or the like under their nose; with assa-fœtida, or preparations of castor. For women in child-bed, a girdle made of Russia-leather, and bound pretty tight, is excellent; likewise clysters made with camomile-flowers, elder-flowers, and male speedwel, boiled in whey, to which add a little oil of elder.

Inwardly give twenty grains of the following pills: “Take of gum-ammoniac two drams, of Russian castor a dram, of salt of amber thirty grains, balsam of Peru, enough to make a mass for pills.”

Out of the fit, if the patient is full of blood, it will be proper to take some away, unless the fits come on at particular times of the moon, as the full or new, or at the quarters; then take four grains of the mass of gum-pills, and make them into two pills for a dose; this quantity is to be taken every two hours. Sometimes it will be proper to lay the following plaster to the navel: “Take of galbanum, dissolved in tincture of castor and strained, three drams, of tacamahac three drams; mix them, and make a plaster to be applied to the navel.” If the fits observe the changes of the moon, then, “take of wild valerian-root half a dram, of nitre or factitious cinnamon in fine powder twenty grains, mix and make a powder,” to be taken morning and evening in a spoonful of syrup of sugar.

It is necessary to observe that all women cannot bear the same medicines: some have an aversion to all medicines with a strong smell, which are an immediate relief to others; some have been brought to themselves by sprinkling cold water on the face, when more powerful spirituous medicines have failed; others cannot endure hot things either outwardly or inwardly, such as baths, fomentations, liniments and nervous applications. Anodynes and opiates, which give ease and rest to some, are very injurious to those of weak nerves, or who are greatly debilitated.

A scruple of the Peruvian bark, given morning and evening, is an excellent remedy in hysterical convulsions.

**JAUNDICE.** This disease is first discovered by a yellow tincture of the skin, but more especially in the coats of the eyes, where it gives notice of the invasion; it is attended with a weariness of the whole body, uneasiness in the right side, sickness at the stomach, oppression in the breast, difficulty of breathing, a dry harsh skin, costiveness, hard white stools, and yellow high coloured urine, which colours linen like saffron. In the cure, first give a vomit with a scruple of ipecacuanha, and a grain of emetic tartar; the next night, give half a dram of the following pills: "Take soccotrine-aloes  
" and Castile soap of each equal parts, of thin honey enough  
" to make them into pills." Two or three doses of this may be given every other day; then give half a dram of the following pills twice or thrice a day. "Take of  
" Castile soap three drams, of hog-lice prepared a dram;  
" make them into pills with syrup of saffron:" or if an electary is liked better, "take of Castile soap three ounces, of  
" rhubarb in powder half an ounce, of the species of hiera  
" picra half an ounce, of syrup of orange-peel enough to  
" make an electary." After some time, it will be proper to add half an ounce of the filings of steel; the dose is half a dram twice a day: but if this should keep the body too open, then "take of the conserve of orange-peel two ounces, of  
" Castile soap an ounce and a half, of prepared cinnabar and  
" hog-lice each half an ounce, of saffron in powder half a  
" dram, of the syrup of orange peel enough to make an  
" electary." The dose is the quantity of a nutmeg thrice a day.

When the jaundice succeeds the colic, all purgatives are to be omitted but rhubarb, and this is not to be given without evident



evident reason. If this method fails, send the patient to Tunbridge to drink the waters.

**ILIAC PASSION.** This disease begins with costiveness, which is followed with sharp and violent pains; as also a swelling about the navel, which feels hard to the touch; the body is so bound, that neither wind nor excrements can pass downwards: the wind first makes its way upwards, then comes on sickness and frequent vomiting of phlegm and yellow matter; whatever is eat or drank is soon thrown up again, then the matter begins to be red, with a stinking smell, which is supposed to be the excrements. This is succeeded by loss of strength, a preternatural heat, a hard narrow pulse, with great thirst, the urine is red, and made with difficulty.

In the cure bleed immediately, and repeat it once or twice if there is occasion, then apply a blister where the pain lies; this done, give twenty grains of the cathartic extract, with one grain of the Thebaic extract: when there is an inflammation, give seven grains of purified nitre, with half a grain of camphire dissolved in any small liquor. If the blister does not relieve the patient, mix a dram of camphire with an ounce of hogs-lard, and anoint the belly therewith. As one chief intention is to procure stools, the patient may be led backward and forward over a cold floor, with the legs, feet and thighs naked; then dash cold water on the feet, afterwards the legs, and then the thighs, which will procure the intended effect wonderfully; or a pound of quick-silver may be given before the case is desperate and not after, otherwise it will be said that the quick-silver killed the patient.

**INFLAMMATION of the INTESTINES.** When this happens, nothing will pass through the body, and there is a violent fixt burning pain in some part of the belly, which is exasperated by taking any thing inwardly. When the inflammation is in the upper part of the guts, the stomach will be distended with wind, and will produce vomiting, which will turn to the *Iliac passion*. Observe likewise that there is a quick pulse, a loss of strength, an inquietude, and an unusual heat throughout the whole body: when the pain is about the navel, the small guts are certainly in fault. The cure must be begun with bleeding, and the only nourishment should be broth; also the patient may take a clyster with river water and syrup of marsh mallows: purges render the disease worse, as well as sharp clysters. But in all internal inflammations whatever, the best method is to lay a blister, after bleeding, as near the  
part

part affected as possible; nor is there any danger of a mistake, for they will answer equally, whether the pain proceeds from an inflammation or from wind.

**INFLAMMATION** of the **EYE**. This may be easily perceived; for, besides a pricking pain, the vessels of the white of the eye are turgid with blood, whence an unusual redness appears all over that part. In this case, the patient must abstain from all heating things, tobacco and snuff; the light must not be strong nor the room smoaky, the drink may be water alone, or a decoction of fennel seeds, hartshorn and barley. The slighter inflammations from the dust or sun, may be cured by fomenting them with milk or water, and anointing the eyes with ointment of tutty at night. If the eyes are weak, and but little inflamed, they may be washed with brandy and water. Sometimes moats or the hairs of the eye-lids growing inwards, will cause this inflammation; therefore the eyes should be carefully examined, that these causes may be removed. The slighter cases may be cured without bleeding; but when there is a fever or a considerable inflammation, the patient must be bled freely in the arm or jugular; however, laying blisters behind the ears will sometimes do alone, especially if they are kept running two or three days: or rather fix two leeches to the lower part of the orbit of the eye, or near the outward corner; the wound must be suffered to ooze for some hours after they are fallen off. In all great inflammations, this method must be used after bleeding, blistering and purging; when the inflammation gives way a little to evacuations, the alum curd spread on lint may be laid to the eye at bed-time, for it is the best external remedy. When this disease proceeds from a venereal taint, or from the king's evil, this method will fail.

**ITCH**. The milder sort of this disease appears first about the hams and other joints, and from thence spreads by degrees all over the body, the head only excepted. The moist itch is attended with pimples full of purulent matter, with a slight inflammation, which is known from their redness before they break. The dry kind afflicts those that are lean, old, and of a melancholy constitution: the pimples or pustules are most numerous between the fingers, and on the hams, thighs and arms. When the itch is fresh caught, it may be safely cured by the following ointment: "Take of pomatum half a pound, of flower of brimstone two ounces, of the essence of lemons twenty drops; mix and make an ointment." Part of this

this must be rubbed into the joints, arms and thighs, every night at bed-time. When the disease is obstinate, it will be proper to give a purge with mercury thus: "Take of colod-  
 "quintida pills with aloes half a dram, of calomel ten grains,  
 "mix, and make five pills for one dose." When the working  
 is over, give five of the following pills thrice a day: "Take  
 "Ethiops mineral half an ounce, calx of antimony a dram,  
 "of conserve of hips enough to make them into pills, ten  
 "out of every dram." After the third day, the purge may  
 be repeated if necessary, and then the other pills. When the  
 case is very stubborn, take calomel and the golden sulphur  
 of antimony of each five grains, of soccotrine aloes fifteen  
 grains, and syrup of balsam, make them into pills for five  
 doses, to be taken morning and evening. At night the fol-  
 lowing liniment may be rubbed into the parts abovementioned:  
 "Take of hogs lard two ounces, of white mercury precipitate  
 "a dram, mix them." The diet must be slender, and all  
 salted meats and hot spicy things must be avoided.

**KING'S EVIL.** This is known from the swelling of the  
 kernels in the neck, which rise by degrees, and are generally  
 without pain; they likewise appear under the chin, in the  
 armpits, groin and hams, but most commonly in the neck,  
 and below the ears. This disease will cause inflammations in  
 the eyes, and a redness and puffing up of the edges of the eye-  
 lids, as also a flux of tears and other matter from the greater  
 corner of the eye; sometimes the upper lip will appear thick  
 and swelled, and there will be a crusty foul ulcer in the nose.

The cure of this disease requires the most powerful remedies,  
 which must be persisted in a long while. "Take of burnt  
 "sponge a scruple, purified nitre, coralline and white sugar  
 "of each ten grains, mix and make a powder." This is to  
 be taken twice a day, drinking a large draught of shell lime-  
 water after it: or rather let lime-water be the constant drink.  
 He must abstain from salted meats and high seasoned diet,  
 eating things easy of digestion: or, "Take mercurius dulcis  
 "and the golden sulphur of antimony of each five grains, of  
 "soccotrine aloes fifteen grains, of syrup of balsam enough  
 "to make a mass, out of which make five pills;" give one  
 morning and evening: they will hardly make the mouth sore,  
 but if they should, leave them off for a while. Or, "Take  
 "of Ethiops mineral two ounces, of hog-lice prepared two  
 "drams and a half, of sponge prepared two drams, of preci-  
 "pitated sulphur two drams, of conserve of mallow flowers six  
 drams,

“drams, of solutive syrup of roses enough to make an electary;” the dose is the size of a nutmeg morning and evening, drinking a pint of sea-water after every morning dose.

**KIBES or CHILBLAINS.** In this disorder while the skin continues whole, and is only distended with a troublesome inflammation and itching, it will be proper to rub the part with snow or cold water, and to avoid coming near the fire as much as possible: for as this disease is occasioned by cold, the fire will be hurtful, as in all other cases proceeding from excessive cold. After the snow, the part may be rubbed with camphorated spirit of wine, and then the patient may be put to bed, and be made to sweat with internal medicines. When the chilblain tends to break and suppurate, it may be treated with Peruvian balsam, or tincture of myrrh and aloes, which will deterge and heal them, applying a compress, dipt in a mixture of lime-water and camphorated spirit of wine; but if it should turn to a gangrene or sphacelus, a suppuration must be procured, or an amputation made: the gangrene must be scarified to the quick, and treated with warm fomentations or poultices, as in burns, to separate the corrupted part from the living. But in all such cases the assistance of an experienced surgeon must be called in.

**LAXATIVES.** Of which manna, cassia and raisins are most proper for diseases of the breast, coughs, spitting of blood, pleuresy and consumption; as also in disorders from a salt, acrid and scorbutic serum, as in pains of the joints, eruptions on the skin, and rheumatisms, because they not only cleanse the belly, but temperate and correct the saline acrimony. Tamarinds, cream of tartar, sal polychrestum, and stibiated nitre, agree best with hot climates, bilious constitutions, in the heat of summer, bilious diseases, attended with a violent heat, as in a continual double summer tertian, a burning fever, with intolerable thirst, because they restrain the intestine motion of the sulphureous parts of the blood and bile.

In the cachexy and all chronic diseases, attended with a thickness of the fluids, the bitter laxatives are best, such as rhubarb and aloes. When thick viscid humours lurk in the first passages, and cause want of appetite, belching and wind, then give pretty large doses of natural salts, Epsom salt, in a draught of liquor, and it will carry them downwards. In melancholic and hypochondiac diseases, as also in quartan agues, then magnesia alba is most effectual; calomel is often dangerous to children:

children : the neutral salts should be given from half an ounce to an ounce, particularly Epsom salt.

**LEPROSY.** This is best distinguished by scales appearing on the elbows and knees, which creep from thence gradually all over the body ; though other obstinate scabby eruptions are sometimes distinguished by this name, especially if they are scaly : the cure is the same as in the stubborn itch, only it generally requires a longer time, and a careful observation of a proper diet.

**LETHARGY.** This is a heavy perpetual sleep, with scarce any intervals of waking, and is attended with a quick pulse ; it does not come on suddenly, and may continue some time. In the cure such things must be used as tend to rouse the patient, such as cold water thrown on the head, holding volatile salts to the nose, or burning feathers under it ; or poultices made with leaves of rue, bay-leaves, mustard-seed, castor and camphire may be laid to the head and temples ; that is, a dram of camphire may be added to an ounce of the other ingredients mixt with honey ; likewise derivation must be made from the head by things that promote sneezing : such as ten grains of salt of white vitriol dissolved in half an ounce of marjoram water, and drawn up the nose ; blisters must likewise be laid on the feet and neck : add to these, cupping the neck and shoulders, as also strong frictions of the lower parts, and clysters, with the addition of half an ounce of common salt. When the vessels are turgid with blood, bleeding will be necessary ; inwardly the patient may take the following bolus every four or six hours. “ Take of castor a scruple, of salt  
“ of hartshorn five grains, of syrup of sugar enough to make  
“ a bolus ;” but care must be taken to keep the body open with manna, rhubarb or clysters. When the patient by these means is brought to himself, he must use medicines that strengthen the nerves.

**LOCHIA.** These are the natural cleansings of women after delivery ; when the quantity is too great it is called flooding, and may endanger the life of the patient, if not remedied in time. When a woman is delivered, she should be put to bed, and a sheet should be placed under her hips to receive the lochia ; warm linen should be applied to the genital parts to keep out the air, and a compress dipt in wine should be laid on the belly, but it must not be bound too tight. When the milk fever comes on, the lochia commonly stop, but as soon as it is over return again : an immoderate flux brings on weakness,

ness, loathing and fainting, with a weak intermitting pulse. The best and speediest remedy is the following powder, of which in urgent and dangerous cases half a dram may be taken every hour, in a spoonful of syrup, and seven doses are generally sufficient for a cure: "Take rock alum and dragons blood of each two drams, mix and make a powder." When the case is not very urgent, half a dram of Jesuits bark, taken every two or three hours, will be sufficient. When the flux of the *lochia* is suppressed, or is too small in quantity, the following plaster should be laid to the patient's belly. "Take of galbanum dissolved in the tincture of castor and strained three ounces, of tacamahac two drams, mix and make a plaster." Then give the patient a scruple of the compound plaster of myrrh every fourth hour: "take castor, myrrh, saffron, of each six grains, mix and make a powder." This must be given in a little pectoral syrup every fourth and sixth hour; if these fail, give a dose of liquid laudanum once only. If this likewise is ineffectual, give a single clyster of sugar'd milk; if there is a looseness, it must be stopt.

**LOOSENESS.** The disease is generally known, and needs no description; sometimes this flux is necessary to health, especially when it is not attended with weakness nor loss of appetite; in this case it is not to be stopt at first: but the patient may drink warm diluting liquors or weak broth; after this he may take about twenty grains of rhubarb two or three times, in as many days. When there is a load of indigested matter in the stomach, it will be proper to begin with a vomit, or two ounces of ipecacuanha in wine; the next day "take of rhubarb half a dram, of cinnamon twelve grains, mix and make a powder:" this may be given two days together in any proper liquid, and fifteen drops of liquid laudanum each night. If the looseness is violent, add as much diascordium to the rhubarb as will make it into a bolus, as also two drops of the oil of cinnamon.

If the patient is feverish when attacked with this disease, then bleed, afterwards give a vomit, then rhubarb, and last of all astringents; the astringent may be thus compounded: "Take of the shavings of logwood three ounces, of water two quarts, boil to three pints, and then strain off the liquor." The dose is a tea-cup full every two hours, or four ounces four times a day. The first gently loosen the belly, without raising any commotions in the blood.

MEASLES.

**MEASLES.** This disease begins first with chilness and shivering, succeeded with heat, and then heat and cold succeed each other by turns. The next day the fever comes on with great sickness, thirst and loss of appetite; the tongue is white but not dry, with a little cough, a heaviness of the head and eyes, and a continual sleepiness: there is a sneezing, and swelling of the eye-lids, sometimes a watry humour drops from the nose and eyes, which is a certain sign the spots will soon appear; which are small in the face, but broad and red on the breast, not rising above the surface of the skin. The patient sometimes vomits, but oftner has a looseness with greenish stools.

These symptoms increase and continue till the fourth, sometimes till the fifth day, at which time the spots appear like flea-bites, increasing in number and size, running together in some places, and rendering the face variously spotted; from the face the spots proceed gradually to the breast, belly, thighs and legs. The vomiting ceases after this, but the cough and fever increase, with difficulty of breathing: the weakness and defluxion on the eyes, sleepiness and want of appetite still continue.

On the sixth day or thereabouts, the skin of the face and forehead begin to grow rough, and the cuticle breaking, the pustules die away, while the spots on the rest of the body continue broad and red. On the ninth day they all vanish, and fine thin scales like flower fall from the skin at that time.

In the cure it will be proper to bleed before the eruption of the pustules, to prevent an inflammation of the lungs; and then give either a gentle clyster, or a laxative with manna, to relieve the cough, "Take oil of sweet almonds and the pectoral syrup of each two ounces, of white sugar candy enough to bring them to the thickness of a lambative." The patient may take a little of this as often as the coughing is troublesome: likewise take of the pectoral decoction a pint and a half, of the pectoral syrup three ounces, mix them; the dose of this is three ounces four times a day, and at night, give an ounce of diacodium mixt with three ounces of simple alexiterial water, increasing or diminishing the dose according to the age, but this must be used sparingly during the increase of the distemper. Sometimes after the measles disappear, there will happen a difficulty of breathing, a fever, and other symptoms resembling an inflammation of the lungs. Now as this is caused by the striking in of the spots, it may be prevented by giving

fifteen grains of the bark every three hours, with five grains of the watry extract of myrrh, or more or less according to the age, in small cinnamon water; for the bark will cause the fever and cough to cease on the seventh day, and the efflorescence will not leave the face till after the twelfth. When the spots strike in before the due time, or become livid or of a bad colour, rub the whole body with a hot flannel, and then give the following bolus: "Take of virginian snake-root fifteen grains, of castor ten grains, of camphire three grains, of syrup of clove july-flowers enough to make a bolus." If the patient sweats profusely, his linen must be changed for others dry and warm, taking care not to admit sudden cold, for that will strike in the pustules: if a looseness appears when the scales fall off, it must not be hastily stopt, but a moderate dose of rhubarb may be given now and then, with toasted nutmeg.

**MENSES.** Womens monthly courses are so called, and when they are irregular they are the cause of many disorders; when they are obstructed, you are to consider whether the patient is just recovered from some disease, and there is consequently a want of good blood and juices. In this case, the patient must take nourishing broths and gellies, and digestion should be promoted by proper remedies and stomachic bitters. Sometimes in the vessels of the womb and parts adjacent a passage is deny'd to this evacuation, and then all forcing things are dangerous till the parts are softened and relaxed by fomentations and baths; or which is better, the patient may be well covered and then placed over a hot bath, so that the steam or vapours may ascend and open the obstructions: it may be made in a vessel or tub of a convenient size, with camomile flowers, pennyroyal and mugwort boiled in the water; red hot flints may be thrown in now and then to keep the water hot. When the blood is poor, it will be proper to use spices, myrrh, rosemary, pennyroyal, savine, and filings of iron: or, "Take salt of steel and myrrh of each eight grains, of saffron five grains, of oil of savine a drop; mix the oil with the sugar, and then make the whole into a powder." This may be given twice or thrice a day in any proper vehicle; but if the patient is of a full habit of body, then "take of salt of amber six grains, of saffron five grains, of the root of black hellebore ten grains, mix and make a powder;" to be taken as before. But the best remedy ready prepared is **HOOPER'S PILLS,**



PILLS, which may be had of Mr. Newberry in St. Paul's Church-yard, London.

When the menses are evacuated in too great a quantity, or return too often, the strength of the patient will soon be brought low, with paleness, coldness of the extremities, dropical swellings of the feet, fainting, convulsions, and sometimes a dropsy. In common cases, it will be sufficient to give half a dram of the bark four times a day, which seldom fails of producing the desired effect; but when the flux is great, give the alum and dragon's blood mentioned under LOCHIA.

NIGHT-MARE. This never attacks any one but in their sleep, when the patient lies on his back, and after eating a hearty supper; the patient seems to have a weight on his breast, and strives to speak but cannot: some think they see monstrous shapes, and that a witch or other imaginary beings ride on their chest; whence some affirm they are hag-ridden; however, if any body calls them by their name, or touches them, this supposed load immediately vanishes. The best remedy is to eat little or no supper, and to lie with the head pretty high; it frequently affects children, because they eat more than they can digest.

OEDEMATOUS TUMOUR, or *swelling*. This is a cold, indolent and soft, pitting tumour from watry humours, without any alteration of the skin, except a shining tensity and smoothness.

When this is attended with a weakness, a dropical disposition or old age, the patient must take strengthening, cordial, spicy, saponaceous medicines inwardly; and outwardly, the part must be rubbed with warm cloths often repeated, using moderate exercise gradually increased. The legs and feet must be fomented with a mixture of four ounces of lime water, four ounces of rectified spirit of wine, and one ounce of rock alum; then strait stockings or bandages may be used, and the patient may take the bark inwardly, with steel medicines, beginning with small doses first, and then increasing them gradually.

PAINS *violent after* DELIVERY. These are often caused by a retention of the after-birth or part of it, or from clotted blood in the cavity of the womb, or from hard labour, or from a defective flux of the lochia, or from wind, especially if the woman's belly has not been properly swathed, or if she has caught cold. In this case it will be proper to mix saffron with tea, or to drink tea made of camomile flowers, or to give a

dram of the yellow part of orange peel: an ounce or two of oil of sweet almonds taken in a hot vehicle, will have a very good effect. Or, "Take of spermaceti a scruple, of volatile salt of hartshorn five grains, of balsam of Peru five drops, of Venice treacle half a dram, of syrup of white poppies enough to make a bolus:" this may be given soon after delivery. When there is a considerable heat, give the following powder: "Take of compound powder of crabs claws fifteen grains, of purified nitre five grains, of saffron four grains, of cinnabar three grains, mix and make a powder;" this may be given in a spoonful of syrup of sugar. In dangerous cases give an emollient clyster.

**PALSEY.** This happens when any limb or member of the body is deprived of sense and motion, but more especially of the latter. When the palsey affects all one side of the body, it is generally the consequence of an apoplexy; when one member only is paralytic, it has been preceded with pain and a defluxion; and the parts affected are generally soft, flabby and limber. The tongue is sometimes afflicted with the palsey, and then the patient cannot speak plain; sometimes the urinary passages, and then the patient cannot hold his water. A *numbness* or trembling of any limb, is a slight kind of a palsey.

When the palsey succeeds an apoplexy, the patient's body should be kept open with *tinctura sacra*, and an issue should be made in the neck and shoulders above the blade bones; besides, it will be serviceable to anoint the skin with a liniment made with two ounces of the green ointment, and a quarter of an ounce of strong spirit of vitriol. When the part is red, the liniment must be taken off, and the part anointed with ointment of elder. The patient should drink sage-tea several times in a day, and should use mustard, horse-radish and spices pretty freely; or the following mixture may be rubbed into the flabby limb: "Take compound spirit of lavender three ounces, tincture of castor half an ounce, of spirit of sal ammoniac a quarter of an ounce, of castor water six ounces, mix them." He may likewise take forty drops of the following cephalic mixture frequently on a lump of sugar: "Take of the volatile aromatic spirit or sal volatile drops three drams, of the compound spirit of lavender two drams, of the tincture of castor one dram; mix them:" but as the cure requires length of time, it will be proper to take medicines which will be always at hand, as the following diet drink:

"Take

“ Take of wild valerian root ten ounces, of whole mustard-seed six ounces, Virginian snake-root and sage of each three ounces, of new small ale ten gallons, mix them ;” the dose of this is half a pint twice a day. Likewise as steel is frequently found serviceable in this disease, the following warm electary with steel may be of great use : “ Take of the rust or filings of steel three quarters of an ounce, of candied ginger an ounce, of conserve of orange peel three ounces, of syrup of orange peel enough to make an electary.” Some recommend cold bathing, others the hot bath in Somersetshire ; but this last is doubtful.

**PERIPNEUMONY, BASTARD.** When this comes on, the patient is hot and cold by turns, is giddy upon the least motion, and complains of a rending pain of the head whenever he coughs ; his breathing is thick and short, his cheeks and eyes look red and inflamed, he vomits up every thing that he drinks, his urine is turbid and intensely red ; the whole chest is full of pain, and when he coughs his lungs seem exceeding strait : whence the free course of circulation is prevented, which suppresses the common symptoms of a fever. When there is a perpetual laborious wheezing, oppression and anxiety about the heart, with drowsiness, coldness of the extremities, and the nails and face are ill coloured, the patient is in immediate danger.

In the cure take away ten ounces of blood from a wide orifice, and the next morning give the patient two scruples of the coliquintida pills with aloes, not forgetting to lay a large blister to the neck, and if there be occasion, to the legs and thighs. If the patient is purged too much, he may fall into faintness and cold sweats ; if he spits concocted matter with ease and freedom, he must neither bleed nor purge, at least during the expectoration : but he may take gentle laxatives and clysters of the same kind ; as also thin mustard whey, or the pectoral decoction, with a small quantity of white wine in them : likewise the saline draught made with a spoonful of juice of lemons or vinegar, and enough of salt or spirit of hartshorn to neutralize them, that is, spirit of hartshorn may be dropt into the juice as long as it causes any effervescence : it likewise relieves the difficulty of breathing, and commonly operates by sweat or urine. But if after bleeding the patient falls into great sleepiness, and the breathing is very difficult, it will be proper to cup and scarify the neck and shoulders, which

has frequently had a surprizing effect ; when the case is very dangerous lay blisters on the scarifications.

**PHLEGMON.** This is an inflammatory tumour or swelling, attended with redness, heat, pricking pain, tension or resistance, with pulsation or throbbing. Those phlegmons that are slight, without any previous indisposition, are most likely to disperse ; those that follow a fever generally suppurate ; those in very old or dropical people, when in a soft part, often turn to a gangrene or mortification ; when in a glandular part, to a schirrus or cancer : likewise the parts most distant from the heart are most likely to turn to a gangrene, and those nearest the heart to an abscess.

These inflammations may be dispersed by plentiful bleeding, by purging with Epsom salt, by living upon veal or chicken broth ; by taking six or seven grains of nitre dissolved in broth, three or four times a day.

But you must never attempt to disperse these tumours, if there is danger of a gangrene, if they are critical, if they are behind the ears, under the arm-pits, or in the groin ; if the humour is malignant, as in pestilential or venereal buboes, or from the bites of venomous beasts ; if the pain is exceeding violent ; if the patient has a bad habit of body ; or lastly, if there is any eruption on the skin, as the herpes or the itch.

This tumour may be brought to suppuration by moist and emollient poultices, to relax and soften the skin. “ Take of  
“ the crumb of white bread eight ounces, of white soap an  
“ ounce, of new milk a sufficient quantity, boil them together a little.” It may also be promoted by plasters, ointments, or other unctuous topics.

When the swelling is ripe, it may be opened with a knife or lancet, according to the direction of the fibres of the muscles, avoiding large branches of the blood-vessels, and in the most depending part. Venereal buboes and scrofulous tumours are best opened with causticks ; in venereal and pestilential buboes, we must not wait till they are ripe.

When the abscess is opened, it may be dressed at first with dry lint only, or with a soft digestive spread on dry lint. Over the dossils of lint, lay a large pledgit of tow spread with basilicon, which will lie much softer than a defensative plaster. The same dressings are to be continued with a proper regimen, till the cavity is filled up with flesh by nature, taking care that the bandage sit loose and easy : it may be cicatrised with dry lint or desiccative powders, keeping the margin clean and free  
from

from proud or fungous flesh, by making a moderate compression with dry lint, or by levelling the surface with Roman vitriol or red precipitate: the dressings may be renewed in twenty four hours, in hot weather oftner, or when the discharge is great.

**PHRENSY.** This is an inflammation of the membranes of the brain, and is attended with a furious delirium, shining eyes which are set as it were in the head, a burning fever, continual watching, and a violent pulsation of the arteries about the head and temples; it is generally a dangerous symptom of a fever.

When this is a primary or original disease, the cure requires speedy, large and repeated bleedings, particularly in the jugular vein; the nose should be made to bleed with a straw, pen or skewer, or six or seven leeches to the temples: the rest of the cure consists in blisters, and other things common to inflammatory fevers.

The **SYMPTOMATIC PHRENSY** sometimes appears in the state of the malignant, eruptive and spotted fever, the small pox, malignant catarrhal fevers, and camp fevers, especially when they are injudiciously treated. The cure of this is to be begun by bleeding, if the pulse will bear it; but if this cannot be done by reason of the great lowness, it must be attempted by leeches and blisters; it is usual to begin with blistering the head. The patient must likewise take often six grains of nitre mixt with one of camphire.

When this disease is like to come on from the stoppage of the lochia or menses, the patient must be bled speedily and largely in the foot. If from the stoppage of the bleeding piles, leeches must be applied to the veins, from whence the flux proceeded. The patient's drink should be whey turned with lemon juice and sweetned with syrup of white poppies, and a dram of purified nitre must be added to every quart of the whey; externally linen cloths may be dipt in hot water and applied to the feet: However, the method of cure must be always accommodated to the primary disease.

**PLEURISY** and **PERIPNEUMONY.** The *pleurisy* is known by a violent pricking pain in the side, a frequent hard pulse, a difficult painful breathing, a very troublesome cough, and sometimes bloody spittle; it is either moist or dry. In the *peripneumony*, the pain is not so acute, but is more tensive, blunt and pressing; the difficulty of breathing and anxiety is

greater, the pulse is soft and quick, the expectoration more troublesome, and the spittle is of various colours.

In the cure, you must bleed freely the three first days of the disease, unless the spitting begins in that time, and the bleeding must be omitted or so moderated, that the breast may be relieved without checking the expectoration: after the fourth day bleeding is unsafe, but blisters will shorten the cure, and prevent the loss of a great deal of blood; for a simple pleurisy, or one attended with little inflammation of the lungs, may be cured with little bleeding, by a blister of the size of the hand and fingers laid to the affected side, and is best applied immediately after the first bleeding. If the symptoms vanish upon this application, it will be safest to bleed again, unless a profuse sweat eases the pain, and then all other remedies will be rendered unnecessary; but if the lungs are much inflamed, the blister and bleeding must be repeated, though the patient is pretty easy.

In a PÉRI-PNEUMONY, blistering is most to be relied on after bleeding, first on the back, and then on both the sides; blistering on the extremities likewise tends to ease the breast and promote expectoration; bleeding must be cautiously used if at all, after the spitting appears.

In the first stage of either of these diseases, laxative clysters are proper, as also cool diaphoretics, such as eight grains of nitre made up into a bolus with conserve of hips; but purges and warm diaphoretics are hurtful. Whenever the patient begins to spit, diaphoretics must be omitted, or joined to things that promote expectoration, of which the chief is oxymel of squills; the dose is from two drams to half an ounce. In lowness, after repeated bleedings, give the following pectoral bolus:  
 “ Take of sperma ceti fifteen grains, of gum ammoniac ten  
 “ grains, of salt of hartshorn seven grains, of syrup of sugar  
 “ enough to make a bolus.” This is a powerful remedy to raise the pulse, and to promote expectoration when it flags: notwithstanding this discharge, if the lungs continue to labour, bleeding will be requisite, for it will be dangerous to suffer the lungs to be overpower’d by the omission of bleeding, as well as to hazard the suppression of the spitting by bleeding too freely; but blisters are always seasonable. In the course of expectoration, a vomit, with an ounce and a half of oxymel of squills, will be useful to discharge the load of viscid phlegm. Opiates are not to be given when the pulse is hard, the breathing difficult, or watchfulness continually occasioned by a fever:  
 but

but when the fever is over and sleep is only prevented by a thin defluxion on the lungs, opiates will procure rest and promote the spitting. If the phlegm is tough and the patient costive, then squills may be properly joined; but if the body is open, and the head is affected with the opiate, salt of hartshorn is the best corrector.

**PURGATIVES.** These are much stronger than laxatives, and act by means of a caustic inflammatory salt, which stimulates the nervous membranes of the intestines to discharge their contents; they should never be made use of when laxatives will serve, they have often produced most terrible and fatal effects; they are very pernicious to infants, to old persons, to such as have recovered from a disease, to those who have a weak stomach, to those who are subject to nervous disorders, and to persons of bilious constitutions; as also to those who are liable to hysteric and hypochondriac disorders.

They are often necessary in the dropsy, anasarca, when there is no schirrosity in the bowels and glands: in this let gamboge or elaterium be given in proper doses, or two or three ounces of the juice of common purple flower-de-luce in a pint of milk, for dropical persons, have a kind of dulness of the intestinal fibres, which requires such a stimulus: whenever these drastic purges are given, it will be best to mix them with cream of tartar, or vitriolated tartar, and a few grains of the calx of antimony; or extract of black hellebore, scammony, resin of jalap, or colocintida should be corrected with cinnabar, saffron, salt of ambar, myrrh, or some aromatic oil.

**QUINSEY.** This is an inflammation of the throat and fauces, and is attended with a fever, burning pain, swelling and redness, with difficulty of breathing or swallowing: when there is no outward redness, but a burning pain inwardly, a loss of voice and difficulty of breathing, it often kills in twenty four hours: sometimes there is no outward redness, but a great difficulty of swallowing and breathing, so that whatever is drank returns through the nose.

In the cure bleed freely in the jugular, or first in the arm, and then under the tongue; but the last is not quite so safe: then give the following purge. “Take of manna two  
“ ounces, of Epsom salt a quarter of an ounce, of whey half  
“ a pint; dissolve the ingredients, and strain off the liquor.” If this cannot be taken by the mouth, then give the following clyster: “Take of milk half a pint, of oil of sweet almonds  
“ two ounces, of common salt a quarter of an ounce, of  
“ nitre

“ nitre a dram; mix and make a clyster:” likewise lay a strong and large blister to the fore part of the neck, or one under the chin, and two more to the sides of the neck; or, which is very efficacious, moisten a piece of flannel in the following liniment, and lay it to the part affected, which must be renewed every five hours. “ Take an ounce of oil of sweet almonds, and two drams of spirit of sal ammoniac, stir them together in a wide-mouthed vial till they perfectly unite; or take equal parts of oil and spirits of hartshorn, and unite them as before.” When the skin will bear it, this last may be used; for a gargle, “ boil two figs in a pint and a half of milk and water to a pint, and to the strained liquor add two drams of the spirit of sal ammoniac.” This will thin the spittle, and cause it to evacuate more freely; when the cure is not effected by these means, the bleeding must be repeated the next day, and the evacuation by stool the following. To take off the fever, if it continues, give half a dram of the mixture of contrayerva root and purified nitre, every six hours, or Dr. JAMES’s *Fever powder*; when the symptoms are very urgent, the bleeding may be repeated in six or eight hours time after the first.

**RHEUMATISM.** This disease generally attacks persons in the autumn, and sometimes in the spring; it is preceded with a weariness, a heaviness and coldness of the extreme parts, which is followed with a chilliness and shivering, then a fever, inquietude and thirst; the pulse is quick and narrow, the appetite is lost, and the body costive. In a day or two the patient feels a racking pain sometimes in one joint, sometimes in another, but more frequently in the wrists, shoulders and knees; often shifting from place to place, leaving a redness in the place last visited: sometimes it attacks the loins, and the lower part of the back bone.

When the distemper is mild, that is, when there is a fever with rheumatic pains without a swelling, the cure may be completed in a few days by twice or thrice bleeding, and promoting a diaphoresis with vinegar whey; this is made by boiling a pint of milk with a pint of water, and then turning it with two spoonfuls of vinegar. But when the rheumatism is attended with an inflammatory swelling of the joints, sweating is improper, and the cure is to be obtained by repeated and almost daily bleedings, till the patient’s fever is gone, and the pains are removed or easier; for this distemper generally attacks such as can bear these evacuations. In this case, when the pain  
and



and swelling of the joints remain, apply three or four leeches to the part where the swelling and inflammation are greatest; and let the blood ooze out till it stops of itself; the repetition of this method need not be limited: but if there is not both an inflammation and a swelling, leeches will do no good. Internal medicines are of little service, and the diet must be of the lowest kind; nor will outward applications avail any thing while the fever or inflammation remains.

If the rheumatism is confined to one part of the body with little or no fever, it may be cured by bleeding once, and sweating, with the following draughts: "Take half a dram of gum guaiac dissolved in the yolk of an egg, two ounces of spring water, half an ounce of strong alexiterial water, an ounce of the spirit of Mindererus, and two drams of the syrup of orange peel; mix them, and divide them into two draughts." One of these is to be taken over night, and the other early the next morning. If the patient does not sweat easily, give sixty drops of the balsam of guaiacum three or four times a day.

The chronic rheumatism, which is either the remains of a rheumatick fever, or proceeds from neglected colds, requires the taking away eight ounces of blood once in eight or ten days, as long as it continues sily, or the complaints remain: between whiles let the patient be purged in the following manner: "Take two scruples of gum guaiac dissolved in the yolk of an egg, of spring water two ounces, of nutmeg water two drams, of the syrup of orange peel a dram; mix them for a draught to be taken in a morning, keeping within doors." On the intermediate days give sixty drops of spirit of hartshorn thrice in twenty four hours. If the joints are swelled and inflamed, leeches are to be used as before; but if there is no inflammation, the aching parts must be rubbed with flannel, and anointed with the volatile or saponaceous liniment: when this course has been continued some time, the recovery will be hastened by the use of the cold bath and riding. In some cases, it will be proper to give a scruple of calomel over night, and to purge it off the next morning; this may be repeated once or twice a week. When every thing else fails, recourse must be had to the gout-powder mentioned under the article of the gout.

**RHEUM in the EYE.** When there is a hot salt defluxion falls upon the eyes, which glews the eyelids together, especially in the night time, you must take a grain of white vitriol,  
and

and mix it intimately with a little unsalted butter. Put this into the greater corner of the eye at night going to bed, and it will effect a cure. A PELLICLE or thin skin which covers the eye may be taken off with the fresh fat of vipers dropt into the eyes.

**RICKETS.** This is a disease of children very well known. To cure it, give ten grains of calomel, and ten grains of rhubarb three times, allowing a day between each dose; then give a scruple of Ethiops mineral twice a day for some time. But above all, dip the child every morning in a cold bath.

**SCURVY.** This is known by a spontaneous weariness, heaviness of the body, difficulty of breathing, especially after bodily motion, rottenness of the gums, stinking breath, frequent bleeding of the nose, and difficulty of walking. There is sometimes a swelling, and sometimes a falling away of the legs; in which there are always livid, plumbeous, yellow, or violet coloured spots. The colour of the face is generally of a pale tawney.

When the pulse is weak, small, and unequal, it is a sign of the cold scurvy, which is best cured by mineral waters; but when these cannot be had, you may substitute a pure light spring water in which a hot iron has been quenched. Besides, a milk diet and whey will be proper to destroy the scorbutic acrimony, especially when mixt with the scorbutic juices: six ounces may be mixt with as much whey as will serve a day. Or, "Take of the scorbutic juices a quarter of a pint; of cow's milk a pint; boil them till the milk is turned, and then take off the curd." This will serve for one day. Some think the chief virtue of tar-water is to cure the scurvy.

The principal medicines against a *cold scurvy*, are, winters bark, buckbeans, garlick, horse-radish, mustard-seed, compound horse-radish water, and elixir of property; to which may be added the Peruvian bark. But in the *hot scurvy*, which is known by a great and hard pulse, they must never be given without acids, such as wood sorrel, and the juice of oranges, with cooling fallads, barley-broth, and a low diet.

Those that live on salted meats, as sailors, and have rotten gums, a stinking breath, eating ulcers, and saltish urine, should live upon vegetables, and ripe fruits if possible: and while they are at sea, they should take from twenty to fifty drops of spirit of salt. They should likewise wash their gums and sores in sea-water, and cover the latter with soft cloths or sponges

spunges dipt therein. Likewise, sea-water may be taken inwardly at the same time.

Those that like medicines in another form may take the following: "Take of conserve of scurvy-grass, two ounces; of conserve of wood sorrel, an ounce; of the compound powder of arum, six drams; of syrup of lemons, enough to make an electary." The dose is the quantity of a nutmeg to be taken in the morning, at five in the afternoon, and at night, drinking a glass of the compound horse-radish-water after each dose.

All kinds of evacuations have a doubtful effect in this disease, and therefore may be omitted. No purge must be given stronger than a laxative; and when there is a looseness, it is best cured with toasted rhubarb.

When the skin is affected with corroding eruptions, the following electary will be proper: "Take of fine powder of crude antimony, half an ounce; of conserve of garden scurvy-grass; two ounces of gum-guaiac, two drams; of the syrup of the juice of lemons, enough to make an electary." The dose is the size of a nutmeg morning and evening, drinking a small draught of the decoction of the woods, or lime-water after it.

**SLEEPINESS.** This disease is known to physicians by the name of *coma somnolentum*, in which the patient complains of a constant drowsiness. The patient often falls asleep at meals, in conversation, and in the midst of business, and when he is awaked he soon falls asleep again. It is not attended with any fever.

There are two kinds; the one is *serous* or *watry*, and the other *sanguine*. The first requires the serous evacuations to be restored or promoted. Sneezing powders are of great use, because they discharge the serum through the nose, and stimulate. When there is a load of viscid phlegm on the stomach, give two grains of emetic tartar, with an ounce of manna, dissolved in water-gruel, and this will carry it off upwards and downwards.

In the sanguine kind, when the blood circulates slowly thro' the head, or stagnates there, as in those that are hypochondriac or scorbutic, all hot spirituous remedies are as bad as poison; but bleeding, clysters, gentle laxatives, cooling and nervous powders are useful. A red face, and eyes turgid with blood, show that bleeding is necessary.

Warm

Warm baths are bad in sleepy disorders, as well as saffron and opiates. Volatile spirits and salts are good in the cold ferrous kind, but not in the sanguine. Sneezing powders should not be used in the beginning of this disease if the body is full of blood, because they cause the humours to flow to the head, which may occasion an apoplexy.

**SMALL-POX.** This is of two kinds, the *distinct*, and *confluent*. The distinct begins with chillness and shivering, intense heat, a violent pain in the head and back, and an inclination to vomit. Epileptic fits in children, if breeding of the teeth is over, is a sign the small-pox is at hand. On the fourth day the spots appear, which are at first reddish and spread themselves over the face, neck, breast, and the whole body. Then there is a pain in the throat, which increases as the pustules grow turgid.

On the eighth day, the spaces between the pustules grow reddish, and are affected with a tensive pain; the eye-lids are puffed up and close the eyes. Next after the face, the hands begin to swell, and the fingers are distended; the pustules of the face, before smooth and red, begin to grow rough and whitish, and throw out a yellow matter in colour like honeycomb. The inflammation of the face and hands being now at the height, the spaces between the pustules are of the colour of damask roses; and the more mild the disease is, the greater is the likeness. The pustules about the face grow more rough and yellow as they ripen; but on the hands and other parts of the body, they grow more white and less rough. On the eleventh day, the swelling of the face and inflammation disappear; the pustules being ripe, and of the size of a large pea, grow dry and fall off. On the fourteenth or fifteenth day, they perish entirely; except some obstinate pustules on the hands, which continue a day or two longer, and then break. The rest come off in branny scales. Throughout the whole course of this disease, the patient's body is either wholly costive, or he goes to stool but very seldom.

Thus, the first state of the disease, from the time of invasion, till the appearance of the spots, is four days. The second state or time of eruption, continues from the fourth day till the seventh. The time of maturation, or ripening, is from the seventh till the eleventh. The fourth state, or time of exsiccation, or drying of the pustules, is from the eleventh to the fourteenth or fifteenth.

In the *confluent sort*, all the symptoms are more violent; on the third day, and sometimes before, the spots appear, and the sooner the more they will run together. When there is a very violent pain in the loins, like the gravel; in the side, like a pleurisy; in the joints, like a rheumatism; in the stomach, with sickness and vomiting; the eruption may be retarded till the fourth or fifth day. But when this happens, the symptoms do not abate as in the distinct sort, but the fever and other complaints continue many days after. As the fever increases, the pustules do not arrive to any considerable height, but are entangled with each other in the face, appearing like a red blister, and covering all the countenance, which swells sooner than in the distinct kind. Afterwards they appear like a white skin glued to the face, and are not much higher than the surface.

After the eighth day, this skin or pellicle grows more rough, and of a dusky colour; the pain of the skin becomes more intense; and in the more cruel kind they do not fall off in broad large scales, till after the twentieth day. The browner the pustules are, they are worse, and the longer in falling off; but the more yellow they are the less they run together, and the sooner they fall off.

When the skin or pellicle falls off, there is no roughness on the face, but branny scales come in their room, of a very corrosive nature, which leave pits behind, and sometimes ugly scars.

The danger of the disease is to be estimated from the number and multitude of the pustules on the face alone. The patient is in most danger, in the common confluent sort, on the eleventh day from the first attack; in the more crude the fourteenth, and in the most crude the seventeenth.

In the milder small pox, the fever is separated by two perfect intermissions; and though they run into each other in the malignant sort, yet the traces of the limits may be discerned by some degree of remission. Thus, there is a fever of *desfumation*, and another of *maturation*, to which may be added a third of *retrocession*, commonly called the secondary fever; for the very moment the bases of the pustules loose their fiery colour, this fever kindles like a flash of lightning.

Some divide the small-pox into the *simple*, and the *malignant*. The simple is, when the eruption is attended with a slight fever of short duration; the malignant is, when the eruption appears with a malignant fever, and the pustules hardly come to any tolerable

able degree of ripeness. This has pustules of three sorts: the *crystalline*, which are almost transparent and like bladders filled with thin water. The *warty*: these contain no fluid and are like warts; they are peculiar to the distinct sort. The *bloody*: these are sometimes small tubercles filled with a blackish blood, as if the skin had been pinched with nippers, and are attended with purple and livid spots. Sometimes the pustules, after the third or fourth day of their coming out, become livid and a little bloody with black spots over all the body, which forebode death in a day or two; in this case the blood will flow out from every part of the body, such as the mouth, nose, eyes, and urinary passages.

In the cure, when the pulse is rapid, full, tense, the breathing hot, short, and laborious, the urine high, the thirst great, the tongue dry and foul, the pain in the head, back, loins, and limbs exceeding acute, there can be no doubt about the necessity of bleeding.

But bleeding is by no means proper, when the disease comes on with the usual symptoms of a slow nervous fever, when the patient has been drooping for some time, and the fever is low, the spirits sunk, the pulse weak, quick, and fluttering, the countenance pale and fallen, the urine crude and thin, no great thirst, no great heat, a continual giddiness and heaviness of the head, with tremblings, a perpetual nausea and puking, weakness and weariness, which ends in the small pox of a very bad sort, being pale, crude and pitted, never rising well, but continuing flat and flaccid, or running together in large watery blisters, full of thin indigested matter, and so remaining to the last, while in the face, from a deadly pale colour like a corpse, they turn to a ghastly black, if the patient live long enough; and even then, they generally prove fatal at last.

Sometimes, as was observed above, the small pox is attended with a malignant spotted fever, with profuse bleeding, bloody and gangrenous pustules; even when the pox are very few and distinct. Each of which particular cases require a particular method, and a regard to the diseases to which they are related.

In the first case, besides the symptoms already mentioned, if an acute pain in the head, redness of the eyes, throbbing of the carotid and temporal arteries, denote the approach of a phrenzy, it will be necessary to bleed in the foot, as well as the arm, which generally has an admirable effect. After bleeding, a vomit should be given, if the stomach abound with phlegm  
or

or bile, or be loaded with food unseasonably taken. Otherwise before the eruption of the pustules, a purge may be prescribed with the infusion of senna and manna, or with manna alone, especially for children. If in the course of this disease the patient should be costive, his body is to be opened with a clyster every second or third day. Likewise, under these circumstances, the fever powder of Dr. James has always had salutary consequences, when given in time, and has disposed the patient to go through every stage of the disease, free from those alarming circumstances which frequently attend this disease, when unassisted with so powerful a medicine.

Moreover, the following powder has a tendency to keep the inflammation of the blood within due bounds, and to assist the expulsion of the morbid matter through the skin: "Take of compound powder of crabs claws, half an ounce; of purified nitre, two drams; mix and make a powder." Half a dram of this may be given to an adult three or four times a day, diminishing the quantity for children in proportion to their age. When the fever runs high, equal quantities of the ingredients may be prescribed, and the patient's drink may be sharpened with spirit of vitriol. When there is a reaching to vomit, it may be appeased with a spoonful of the juice of lemons, and a scruple of the salt of wormwood.

When the eruption of the pustules are completed, the patient may take an ounce of the syrup of white poppies in the evening; and when the inquietude is great, it may be repeated in the morning. On the tenth day from the invasion, at night, the dose may be increased to an ounce and a half, and an ounce in the morning, and so on, till the patient recovers, unless there be a delirium, for then it is not convenient. Eighteen drops of liquid laudanum may be given instead of an ounce of the syrup. But not when there is a shortness of breath, or the patient is like to be choked with viscid slime, unless oxymel of squills be given at the same time, or rather the steam hereafter mentioned. When the vesicles do not fill, give from ten grains to forty of the peruvian bark in syrup of orange peel, diluted with nutmeg water, every fourth or fifth hour; children may take it in a clyster.

But in order to prevent bad symptoms, on the day before the face is expected to sink, the arms and legs must be wrapt up lightly in a suppurating cerate; for instance, the yellow cerate, which is made by melting an ounce of bees wax with half a pound of yellow basilicon. It must be spread on linen rollers.

and tacked together so as to make one continuous plaster. This facilitates the translation of the acrid serum from the face and head to the limbs, promotes the suppuration of it when it is translated, and presently removes the burning pain, which is insupportable at this time of the disease. Thus, this dangerous period may be past over without any alarming symptom.

Some persons, otherwise strong, fall into a vast dejection of spirits at the time of the seizure with the small pox through fear, and then a little blood should be taken away as early as possible, which must be repeated if necessary, but not too large a quantity at once. Likewise something cordial may be given to cheer the heart, and blisters must be applied to prevent the patient from sinking under the disease; especially when there is a rawness, soreness, or great heat of the mouth and throat, with a sharp rheum, or a stoppage of the nostrils, with frequent sneezing and a tickling cough. When the matter of salivation is very viscid and clogs the throat, the best method is to boil marsh-mallows, myrrh, and honey in a sufficient quantity of water and vinegar, and then transmit the steam into the patient's mouth, through a glass or tin pipe, of such a shape and length as is suitable to the person while he lies down. This has been found by long experience to be very salutary.

When the small pox has relation to the *nervous fever*, some easy cordial nervous medicines will be necessary, such as sack-whey, wine and water, and in the more low depressed case, wine alone. Blisters may be now employed, and stimulating cataplasms to the feet.

In the malignant sort of the *crystalline small pox*, the water of the pustules can never be brought to laudable suppuration, and therefore it will be proper to give from a scruple to half a dram of nitre, three or four times a day, in small wine, to carry off the grosser humours. And towards the end of the disease, the patient may be allowed a little canary to comfort the heart. The flux of the humour into the pustules may be promoted by the cordial confection, or a scruple of the compound powder of crabs-claws with three grains of saffron, or the bark in the manner above mentioned, or rather the following tincture of it, which is an excellent medicine: “ Take of the Peruvian  
“ bark, two ounces; of the yellow part of orange peel, an  
“ ounce and a half; of Virginian snake-root, three drams;  
“ of saffron four scruples; of French brandy, a pint and a  
“ quartern; put them together into a bottle, stop it close, and  
“ let it stand for three or four days, and then strain off the  
“ tinc-



"tincture." The dose is from a dram to half an ounce, every fourth or sixth hour. You may also give the plain spirit of hartshorn. The patient may be allowed a dish of coffee now and then, with a little thin milk in it.

Besides, these on the fifth or sixth day of the eruption, blisters are to be applied between the shoulders, and to the arms and legs, to discharge the serosities, and to help the fever.

The *warty small-pox* is more dangerous than the crystalline, because the matter of the disease is too thick, and will neither suppurate nor pass off by urine. Here the above cordial medicines come in play, and blisters also: but there are little or no hopes from any method.

In the *bloody small-pox* those medicines are best, which by their stypticity thicken the blood, and prevent its breaking through the smallest arteries. In this case butter-milk will lend great assistance, especially as it is an enemy to putrefaction. As also, Peruvian bark, alum, and oil of vitriol; but more particularly equal quantities of roch alum and dragon's blood melted together and beaten into a powder. A scruple or half a dram of this made into a bolus with conserve of roses, is a proper dose. It may be repeated in a few hours in dangerous bleedings. In less urgent cases, a dram of the Peruvian bark may be given every sixth hour; or five or six spoonfuls of the tincture of roses, may be taken several times a day: and the patients drink may be sharpened with it, when there are purple or black spots interspersed among the pustules. When there is a delirium, blisters may be safely applied.

About the ninth or tenth day from the eruption a *putrid fever*, common called the *secondary fever*, may come on, and it has been common to give gentle purges; as also to bleed when the heat is too great, and the patient's strength will bear it, not omitting blisters. But the patient may be cured without blistering or bleeding, if he takes the absorbent nitrous powder, of compound powder of crabs-claws with nitre, before mentioned; as also analeptics and plenty of diluting absorbent liquors. The bark has likewise good effects in mitigating the secondary fever, unless the lungs be stuffed, and then it is to be omitted.

There are accidents in the small-pox which do not always occur, and therefore it will be necessary to mention them. Sometimes the patient is seized with convulsions just before the eruption, which in children is no bad sign; and then no blood

must be taken away, but a blister may be laid to the neck, and a plaster with equal parts of the cephalic and blistering plaster may be laid to the feet. Inwardly he may take wild valerian-root, Russian castor, and the spirits of hartshorn.

When there is an entire suppression of urine, the patient's body may be opened with a clyster, and he may take Glauber's salt, which is diuretic and laxative; or rather, which is the best medicine, salt of amber, if it can be had genuine. The dose is from eight grains to twenty.

When the eruption appears without much fever and pain, and the pustules do not ripen, it will be succeeded with a fever, attended with restlessness of body, anxiety of mind, difficulty of breathing, and a delirium. In this case warm medicines should be given to increase the fever at first, and afterwards to promote suppuration. For this last intention, "Take of Virginian snake-root, twelve grains; of contrayerva-root, six grains; myrrh and saffron, of each five grains; mix and make a powder." This may be taken every four or five hours, in any proper vehicle. But Peruvian bark, as was observed before, is excellent in this case, and particularly the tincture of it above mentioned. If the patient is low, a blister will be necessary.

When the matter of infection is over abundant, it will produce a spitting on the first day of the eruption in adults; and in children a looseness almost throughout the whole disease. If in adults the spitting does not succeed to our wishes; it should be promoted with gargles made with a decoction of mustard-seed and pepper mixt with oxymel: for in the confluent and malignant sort, it ought to continue to the end of the disease.

When a woman with child miscarries in the small-pox, and the flux of the lochia is too large, she must take the same remedies as in the bloody small-pox. If a woman's monthly evacuations appear in this disease, they rather afford relief than threaten danger, unless the discharge is so great as to weaken the patient, and then she must take the same remedies as in the bloody small-pox.

**SCALD-HEAD.** This is an ulcerated crust or scab, spreading over the hairy scalp with an ill smell and a violent itching: it has often inequalities like a honey-comb, and mostly affects children. At first, the head is over-run with a white, dry, branny covering; then it appears granulated like the inside of a fig when cut a cross; and last, it looks like a honey-comb

as

as above. In the cure, great care must be taken not to drive the humour back by judicious applications, for that will be fatal to the child. The best way will be to correct the blood, by taking prepared oyster-shells, crabs eyes, diaphoretic antimony, or the like. As also, by two or three grains of cinabar at night, or five grains of Ethiop's mineral. Some give calomel, but it is often dangerous to infants. The scabs may be softened with cream, or calves marrow, or fresh butter. The most efficacious of all external medicines, is tar melted with an equal quantity of mutton suet: touch the scabs lightly with this at first, and as you find the effect, proceed more freely, always remembering to give the internal medicines first. The surgeons would have a pitch plaster laid over all the head to remove the scabs, and pull all the hair up by the roots; but this is a cruel operation, and likewise unnecessary, when the former rules are observed. The smarting of the tar ointment is but a flea-bite to this.

**SEDATIVES.** In this class *anodynes* are generally mentioned, which I have already spoken of. They act by allaying spasms and appeasing violent motions. In this case, nitre or salt-petre. is of extraordinary use, because it acts by restraining the hot sulphureous parts of the blood, by moistening the solids, and curbing their exorbitant motions; upon which account it is anodyne, and good against spasms. Cinnabar is of great service in appeasing convulsive and epileptic disorders, for it dissolves the thick mucus which affects the brain and spinal marrow. Camphire mixt with nitre is excellent in pain, watching, and deliriums attending inflammations. Asa foetida relaxes the spasms of the intestines in hysteric fits, by opening the obstructions of the glands and other vessels.

**SIGHT, *dimness of.*** This sometimes proceeds from a weakness of constitution, and lowness of spirits, and sometimes from the forming of cataract, or the beginning of *gutta serena*. In the first case, it will be proper to drink tea constantly made with cephalic herbs and roots, varying them at pleasure. These are, wild valerian root, the leaves of betony, sage, rosemary, fennel, and the flowers of rosemary and lavender. In the other case, regard must be had to the diseases; but the cataract must be suffered to grow ripe and hard, and then it must be deprest by a surgeon skilful in these matters. Sometimes a person can only see near objects; in this case he must make use of a concave glass, to be had of the opticians. When he can only see distant

stant objects distinctly, which is almost the constant attendant of age, he must use a convex glass or spectacles.

**SPASMS, STICH, CRAMP.** These are generally of the same nature, only the pain of the pleurisy is sometimes improperly called a stitch. They are an involuntary contraction of any muscle, or of the muscular, membranous, or nervous fibres. Sometimes simple frictions will perform a cure, for this will often have such an effect that the thick humour, or sharp matter may be removed or dispersed thereby; or it may be appeased by the application of spirit of wine and camphire, or Hungary water, or spirits of lavender. When there is a very violent cramp, enquiry must be made whether the blood is too abundant, or whether the customary bleedings have been stopt; if this be the case, bleeding in the arm will contribute to a cure, and the usual evacuations must be restored. Outwardly, the spine of the back must be rubbed carefully with the saponaceous liniment or opodeldoc. When the parts remain hard or stiff, anoint them with the ointment of marsh-mallows, or the fat of capons, or neat's foot oil, or oil of rosemary. If it returns often use temperate baths, regular diet, and drink the Spaw waters. The following liniment is excellent in these cases:  
 " Take of Venice soap, two drams; of camphire, two scruples;  
 " oil of mace by expression and Hungary water, of  
 " each half a dram; of the spirit of sal ammoniac, thirty  
 " drops; of the oil of juniper, forty drops; of castor a dram  
 " and a half; mix them and make a liniment."

**SPITTLE**, to provoke. See APOPHLEGMATIZANTS.

**SQUINTING.** The most common cause of squinting, is an inequality of the strength of the eyes. To prove this, place the person near a window, and cause him to look at a small object, a pen for instance; you will readily perceive which eye is directed towards it; then cover that eye with your hand, and the person will be surprized to find that he has quite lost the pen; which is a demonstration, that he sees but with one eye: therefore the best method of cure, is to exercise the weak eye by covering the other now and then, and making use of the weak eye only. This method will generally succeed when the squinting is curable.

**STOMACH**, *inflammation of*. This is known by a continual fever, a fixed, burning, pricking pain at the pit of the stomach, which grows worse when any thing is swallowed down; then follows a painful vomiting and hiccup. Add to these

these a hard, contracted, quick pulse, great restlessness, thirst, and coldness of the extremities. When it is owing to poison, a violent emetic or purge, give new milk with salad oil, cream, or oil of sweet almonds. When eruptions of the skin are drove back, direct emulsions of cold seeds, a few grains of nitre, with one of camphire mixt with a scruple of compound powder of crabs claws. In other cases after bleeding, the best remedy is a blister laid on the part affected.

**STONE in the bladder.** This is known from a pain at the time of making water, as well as before and after, from the urine coming away by drops, or stopping suddenly when in a full stream; from a white, thick, copious, mucous, stinking sediment in the urine; from an itching or pain in the head of the penis; from a tenesmus or desire of going to stool while the urine is discharged; and by searching with the finger or a catheter. To dissolve the stone, the patient must swallow an ounce of Alicant soap in what form he likes best, and drink three pints or more of oyster or cockle shell lime-water. If the soap is divided into three doses, the largest must be taken early in the morning fasting, the second at eleven before noon, and the third at five in the afternoon, drinking a large draught of lime-water after each dose; the remainder of which must be drank at meals instead of other liquors. If the taste of the water is not agreeable, a little new milk mixt with it will make it palatable. If the patient cannot take the soap, a larger quantity of lime-water persisted in for some time, may produce the effect without it. He should abstain from acids and fermenting liquors. But he may drink punch without acid, commonly called rumbo. Spirits must not be drank at all, and he must forbear salt meats, honey and acid fruits. But he may eat artichokes, asparagus, spinnage, lettuce, parselley, purslane, turneps, carrots, potatoes, radishes, and green peas; but more especially onions, leeks and cellery. For common drink he may use milk and water, but should drink no more than will just quench his thirst, and he should retain his urine as long as he can without uneasiness. If the lime-water makes him costive, he may take manna, rhubarb, or senna. It will be best to inject four ounces of warm lime-water into the bladder every day just after making water. To make it more easy, a dram of starch may be mixt with eight ounces of lime-water and be just brought to boil, and no more; or half the yolk of an egg may be mixt with twelve ounces of lime-water for change.

The gravel may be prevented by drinking a pint of lime-water every morning two or three hours before breakfast.

**STRENGTHENERS.** *Analeptics* and *astringents* are of this class which I have taken notice of already; add to these, *balsamics* and *stomachics*, of which something remains to be said. Balsamics are hotter and more acrid than analeptics, and they comprehend *cephalics* as well as *antiparalytics*. Of this kind are wood of aloes, yellow sanders, and its tincture evaporated to a balsam, ambergrease, amber, benjamin, cane storax, balsam of Tolu, Peru and Capiwi, Peruvian bark, cinnamon, cloves, and all spices in general, lavender, rosemary, marjoram, thyme, bawm, volatile spirits, with the essential oil of lavender, rosemary, and spirits and oil of ambar; these are good in diseases of the head, nerves, spinal marrow, stomach and heart: as also, in those diseases wherein the humours are thick, and the tone of the nerves are weakened; as in the apoplexy, palsy, loss of memory, hardness of hearing, and the like. They are likewise good when the stomach abounds with acid crudities; in a bad digestion, a looseness, vomiting, coughs, and in low phlegmatic constitutions. **STOMACHICS** are such things as strengthen the tone of the stomach, and comprehend carminatives. These are gentian, galangals, zedoary, wormwood, camomile flowers, calamus aromaticus, orange peel, the Peruvian bark, cinnamon, pepper, ginger, mace, cloves, mint, pepper-mint, myrrh, anniseeds, cummin-seeds, caraway-seeds, fennel-seeds; all bitters and preparations of aloes: Add to these the Spaw and Pyrmont waters. When there is a load of acid undigested crudities in the stomach, use gentian, wormwood, spices; in a loathing, nausea and vomiting, mint or pepper-mint; for a pain in the stomach, colic, or gripes, fresh orange peel, or dulcified spirit of nitre; when a looseness proceeds from a slipperiness of the intestines, *cortex cleutheriæ*. When the stomach and intestines are puffed up with wind, nothing is better than the distilled oils of caraways and cummin; a few drops may be taken on a lump of sugar.

**SUDORIFICS** are such medicines as cause sweating, such as arum or cuckow-pint, a decoction of the woods, extract of guaiac, volatile salts and spirits, Mindererus's spirit, the tincture of snake root, decoction of snake-root, camphire julep, all diaphoretic draughts and bolus's, and the golden sulphur of antimony. Sweating is useful in catarrhs, colds, coughs, rheumatisms, and tumours of the glands. In diseases of the skin, such as the itch, leprosy, venereal scabs and ulcers, as well as in  
the

the flying gout, rheumatism, and in all cold diseases; sweats succeed best with a sufficient quantity of hot liquor.

**TEETH, breeding of.** When this is difficult, the infant is preternaturally hot, starts in his sleep, cries often, bites the nipple, and puts his fingers often in his mouth, the gums swell, and look white or red, he slobbers much, and is either costive or has a looseness; sometimes it is attended with an acute fever and convulsion fits. In this case, the nurse should be very regular in her diet, and the child's body must be kept open with emollient oily clysters, and the gums likewise be anointed with cream or unsalted butter, either alone or mixt with honey; or cut a fig in two and apply to the gums, or calves marrow, or mucilage of quince seeds with a little of the yolk of an egg; but if the teeth cannot break through the skin, the best way will be to cut the membrane with a lancet, which lies on the ends of the teeth. This seldom or never fails of success.

**TENESMUS.** This is a troublesome and constant desire of going to stool, from a pain in the strait gut; sometimes it proceeds from worms called ascarides, which lodge in that part; sometimes from sharp urine in the dysury and strangury; from a stone in the bladder; from the sharp matter in a bloody-flux, and from the disease called the piles. When this disease proceeds from the ascarides, give frequent clysters with only an ounce and a half, or two ounces of oil of wormwood made by decoction. If from a sharp urine, give absorbent powders and cooling emulsions inwardly, and inject clysters made with oil of sweet almonds, poppie-, or linseed, and syrup of marsh-mallows. If from the stone in the bladder, no cure can be had till it is removed; but it may be eased with emollient clysters prepared with milk, and a suppository may be put up the fundament of unsalted butter. When from the piles, the above clyster and suppository are useful, or the part may be anointed with the saturnine ointment. If from the bloody-flux, sit over a vessel full of hot water after every motion, or inject oily emollient clysters.

**TETTERS, RINGWORMS, and SHINGLES.** These disorders of the skin, are nearly allied, and are so well known they need no description, only some kinds eat more deep and ulcerate the skin. The shingles are fiery pustules that surround the body like a belt, and often begin at the chest. In the cure, the diet should be regular, and the patient should take half a scruple of antimonial ethiops, made with rubbing together equal parts of quicksilver and the golden sulphur of antimony till

till they are united; the dose is seven grains; sometimes it will be necessary to drink a decoction of the woods along with them, when the disease is deeply rooted. Sometimes a common ringworm may be cured with dabbing ink upon it pretty often; if this fails, use the ointment made with precipitated mercury; but above all the tar ointment. In the shingles, it will be proper to snip off the ends of the largest pustules, and then cover them with the white liniment, to prevent their sticking to the shirt. When they are stubborn the ointment made with precipitated mercury may be used, not forgetting the internals.

**THRUSH.** In this disease of infants, there are whitish pustules, or rather small ulcers, which beset the mouth, throat, and fauces, not exceeding the size of a hempseed. The heat and pain, not only make the child unquiet, but render the sucking and swallowing very difficult. In the cure, his body must be kept open with two drams of syrup of roses solutive. The pustules may be touched with the mucilage of quince seeds mixt with honey of roses. When it attends other diseases, that must be cured, of which this is a symptom.

**TOOTH-ACH.** This is known almost to every body, and proceeds from a humour which corrodes and rends the ligaments and coats which keep the teeth fast in their sockets. The cure may sometimes be effected by taking an ounce of the rob of elder-berries, and sweating with it in bed; at the same time gargling the mouth with a little of it dissolved in beer. Those that are subject to defluxions, should drink the mineral waters, and if the patient is of a weak bilious constitution, they should be mixed with asses milk. When the tooth is rotten, a drop of the oil of cloves or box put into it, may be of service. If it is hollow, fill it with a mixture of bees-wax and mastick, or a small pill made with an equal quantity of opium and camphire. If these will not do, it must be drawn. When the pain is raging, give a dose of the following pills at night going to bed: "Take of the aromatic pills, a dram; of storax pills, half a dram; of extract of saffron, six grains; mix them and make pills." Twelve grains of this made into four pills is a dose; or put two or three grains of opium on a small bit of sticking plaster, and lay this to the temple where the artery beats near the cavity of the ear: or the juice of the root of yellow water flower de luce rub'd on the aching tooth, will cure it like a charm. Or which is now in high esteem, use the tincture made by Mr.



*Greenough* for the tooth-ach, and sold by Mr. *Newberry* in St. Paul's church-yard.

A VERTIGO, *giddiness*, or *swimming of the head*. This is either an original disease, or proceeds from disorders of the stomach. The former case is cured in the same manner as the falling sickness, *which see*. Sometimes the second kind proceeds from long fasting, and then a morsel of bread will drive it away. Sometimes it arises from crudities in the stomach, and then give a dram of vitriolated tartar taken early in the morning several times; next give a vomit, and afterward stomachic bitters, with cephalics, and a moderate use of wine at meals. The wild valerian-root and cinnabar is as good a cephalic as any; mix equal quantities together. The dose is half a dram.

VITUS *St. his dance*. This is a kind of convulsion which boys and girls are sometimes subject to; it is so called, because they put themselves into a great many ridiculous antic postures. When they want to drink, they use a thousand odd gesticulations before they can bring the cup to their mouth; the fits are generally preceded by a coldness of the feet and limbs, or a kind of tingling sensation. To cure this disease, first give a gentle purge, then two ounces of the following expression of hog lice three times a day: "Take of live hog lice three ounces, of fennel water a pint, of compound horse radish water half a pint; bruise the hog lice, and then pour on the water by degrees, then press out the liquor;" after this give the following electary: "Take of the Peruvian bark an ounce and a half, of the rust of iron, or prepared steel three drams, of the syrup of orange peel, enough to make an electary:" the dose is the quantity of a large nutmeg thrice a day; besides these the cold bath is of singular service.

ULCER. A simple ulcer is neither venereal nor scorbutic, nor callous, and requires nothing but to be cleansed and brought to the state of a clean wound; to this end it must be laid open if necessary, and you must apply tincture of myrrh and aloes, or yellow basilicon with red precipitate. During the incarnation, it may be dressed only with dry lint, when the matter is laudable; otherwise a vulnerary balsam may be spread upon the lint. If the ulcer is deep, it must be filled full of lint, to prevent the lips from closing too soon; when the cavity is filled up with flesh, it may be cicatrised with dry lint, or traumatic balsam, or Fryer's balsam, and a moderate compressure. If there is any proud flesh, it must be touched with blue vitriol,

or

or burnt alum, or powder of myrrh, or red precipitate, to bring it to a level, as the cuticle advances round about the fore.

**ULCER of the BLADDER and KIDNEYS.** The former is known from a fetid matter, or blood coming away with the urine; as also small pellicles. But if the ulcer is in the kidneys, there are small caruncles. The making water is always difficult, and attended with pain. When the kidneys are thus affected, there are always intervals of ease, both with regard to the pain, and the difficulty of making water. The ulcer of the bladder is very hard to cure, especially when it is of long duration. Rhubarb given to half a scruple at a time, and continued long, may do considerable service. The drink should be whey or asses milk alone, or which is better mixt with lime-water. When the purulent matter that comes away is large in quantity, thirty drops of tincture of cantharides should be taken twice a day, and if it produces any bad effects, give five or six grains of camphire. Cherry-tree gum dissolved in water and drank is by some accounted a great secret. Others give cow's milk, with half a dram of French bole every morning. In an ulcer of the kidneys, which is not so hard to cure, the same things are beneficial. Some account butter milk, when not very sour, a great secret in this case. Or you may give a quarter of a pint of new milk twice a day, in which a hot iron has been quenched so long as to consume a third. The Spaw waters have been beneficial to some, and spruce beer is reckoned a good balsamic in this disorder.

**ULCER of the WOMB.** The chief signs of this ulcer is the flowing out of a purulent matter from this part, and the greater the quantity, the profounder is the ulcer. When the flux is yellow, viscid, sanious or mixt with blood, it is a sign the substance of the womb is vitiated. It is hard to be distinguished from the whites, and therefore observe, that a fixt pain always attends an ulcer, and the matter is always more compact and fetid. The best diet is that of milk, which may be riced or mixt with an egg for variety sake: the drink should be a small decoction of China root, and six drops of balsam of Capivi should be mixt in every draught, with a little of the pectoral syrup: or, "Take ground ivy and plantane, of each half an ounce; of spring-water, three pints, and then add an ounce of white sugar." The dose is a pint in a day. Balsamic injections should likewise be used, such as the following:

"Take

“ Take of balsam of Capivi, half an ounce ; mix it intimately with the yolk of an egg ; then add six ounces of diluted honey of roses ; mix them all together.” When the ulcer is fetid and foul, add a little of the Egyptian ointment. Sometimes manna or rhubarb may be taken to divert the humours from the womb. When the pain is great, an ounce of diacodium or twenty drops of liquid laudanum may be taken at night. If either of these is not sufficient, increase the dose.

VOMITS, or EMETICS, are of two kinds, the mild and the strong. The mild are plenty of warm water alone, or warm water and oil, or a decoction of carduus benedictus, or a decoction of the seeds of horse-raddish. The strong are all purgatives taken in large doses, ipecacuanha, gumboge, the leaves of asarabacca, the juice of the middle bark of elder, white vitriol, and tartar emetic.

The action of mild emetics does not extend beyond the stomach, and brings away slimy, crude and bilious humours, which are collected therein for want of a good digestion. Strong emetics in small doses vellicate the stomach, and the coats of the intestines ; in large doses they penetrate into the biliary ducts, the glands of the intestines, mesentery, pancreas, and even into the liver, and expell the various humours contained in those parts. But if they affect the whole nervous system, they then become prejudicial, and may produce very grievous symptoms.

The best and safest of all these is ipecacuanha given to half a dram, and is of great use in a looseness and the bloody flux. The root of asarabacca given in powder to half a dram and upwards, is a good vomit in an obstinate quartan ague, the dropsy, and jaundice. Three or four grains of emetic tartar may be properly added to the ipecacuanha to quicken its effects : and if you would have a vomit and a purge at the same time, mix three or four grains of this tartar with a solution of manna.

In case of poisons, especially those of the narcotic kind, and of swallowing the infectious particles in malignant diseases ; as also when corrupt humours lodge in the stomach and intestines, and stagnating there lay a foundation for slow fevers, quotidian and quartan agues, chronic coughs, diseases of the head, melancholy, the head-ach, falling sickness, or apoplexy ; then strong vomits become necessary.

In diseases which arise from a thick bile, plugging up the biliary ducts, in the yellow and black jaundice, and the cachexy,

vomits

vomits will often cure, when other things have been tried in vain. In the dropsy, anasarca, œdematous tumour of the parts, the dropsy ascites when curable, emetics should be given in a larger dose than ordinary, and then they will evacuate water from the ducts and glands of the intestines, mesentery, pancreas, and liver, and carry it downwards.

Vomits are not to be given in the fit of an ague, an inflammation of the stomach, in violent pains of the stomach, in hysteric or hypochondriac fits, or where there is a disposition to spitting of blood, or to too great a flux of the menses or the bleeding piles; or when diseases arise from too great a congestion of humours in the head, such as the apoplexy, palsey, vertigo, the loss of sight or hearing; nor yet in violent pains, nor when the patient is too full of blood and humours, before bleeding; nor lastly, when there is a costiveness, and the intestines stuffed with excrements.

During the operation of a vomit, the patient must always drink a sufficient quantity of warm liquors, such as water-gruel, carduus tea, &c. When the operation is over, the patient must avoid cold liquor, the cold air, all hot stimulating medicines, and flesh-meats: he must rather use those that are soft, that yield good juices, and are easy of digestion.

**VOMITING.** When the matter of the vomiting is phlegm from the crudities of the first passages, the best cure is to take an emetic, especially when there is a troublesome reaching to vomit, attended with sickness and the heartburn. Or, first give half a dram or a dram of vitriolated tartar, to incite the phlegm, or a quarter of an ounce of oxymel of squills, and then warm water mixt with unsalted butter very plentifully, or a scruple of ipecacuanha. The common medicine is a spoonful of the juice of lemons, with a scruple of the salt of wormwood. When the patient vomits yellow bilious stuff, which proceeds from a bad digestion, and has its seat in the duodenum, this may be cured by gentle laxatives of manna and rhubarb. If the biliary ducts seem to be too lax, give the Peruvian bark, bitter tincture, and steel medicines. When its passages are plug'd up by slimy matter, or a stone in the gall-bladder, give soapy medicines and salt-water.

When vomiting proceeds from poisons, give large quantities of milk and sweet oil. When from the gout in the stomach, give half a dram of the compound powder of contrayerva with five grains of camphire. Likewise, put the feet in

warm

warm water, rub them well with a coarse cloth, and inject clysters.

Vomiting caused by a stoppage of the monthly courses or the bleeding piles, may be cured by absorbents, by gentle laxatives, and more especially by bleeding, or causing the flux to return. Giving a vomit in this case is as bad as poison, and will either cause a vomiting of blood, or an inflammation of the stomach. Morning reachings after hard drinking may be cured by absorbents, by bitters, and by taking thirty drops of the elixir of vitriol twice a day.

When a woman with child is subject to vomiting, give a spoonful of cinnamon-water, with a little marmalade of quinces. It requires rest both of mind and body, and sometimes bleeding in the foot. The drinking of fine soft spring water will sometimes prevent a miscarriage.

**VOMITING of BLOOD.** This happens to persons that are lean and slender; women that are irregular in their monthly courses, and when they are going to leave them; men of a weak constitution, who are subject to the bleeding piles, which either cease to flow or are too little in quantity. The first remedy is bleeding, which must be in proportion to the age and strength of the patient. When the pulse is impetuous and strong, let the patient drink the following mixture by little and little, that is, a glass at a time, and often: "Take spring-water, a pint; of purified nitre, a dram; of syrup of wild poppies, half an ounce; mix them." When there is a pricking pain or stitch in the left side, add an ounce of diacodium to the mixture. To bring the humours downward, give any common clyster with a dram of salt-petre. For outward application, dissolve a dram of camphire in an ounce of oil of sweet almonds, and anoint the pained side therewith; if the blood is thrown up in great quantities, with loss of strength, make ligatures upon the legs and arms, or dip them in cold water: when the fit is over, the patient may drink water in which hot iron has been quenched; or, which is better, butter milk, and purge with half a dram of rhubarb.

When vomiting of blood proceed from a suppression of the monthly courses, bleed in the foot, and give frequent clysters of a decoction of pennyroyal and juniper berries: if sharp humours corrode the vessels of the stomach, then give half a dram of the compound powder of crabs-claws, and repeat it now and then; or more particularly starch boiled in milk. No astringents or stypticks must be given unless the case is desperate,

sperate, and then direct the powder of dragons-blood and alum so often mentioned.

**VOMITING and LOOSENESS.** This is a sudden and violent purging upwards and downwards, proceeding from a convulsive contraction of the stomach and intestines, caused by a sharp caustic matter lodged therein; this often kills the patient in twenty four hours, and therefore requires the most speedy assistance: the cure consists in giving diluting liquors, and the sooner the better; therefore at first give a large quantity of warm water with oil or fresh butter or whey. While this is doing, boil a large chicken in three gallons of water, and let the patient drink large quantities of it; likewise inject emollient clysters or chicken broth. If oat-bread can be readily got, toast it as brown as coffee without burning, and make a coffee-coloured decoction with it; this may be drank as soon as it can be got ready, and will come in after the water and oil. If the patient is exhausted, he must drink a large draught of the decoction as soon as possible; and when the nausea is a little settled, two thirds of a grain of opium. If the patient is convulsed and the extremities cold, give twenty five drops of liquid laudanum in an ounce of strong cinnamon water, afterwards an equal quantity of wine and of the decoction; and afterwards the decoction itself to quench thirst: to prevent a relapse, repeat the opiate for some days morning and evening.

**URINE, made too often, and in too great a quantity.** This is called a **DIABETES**, which produces a gradual failure of the strength, a wasting of body, and a draining away of its substance; there is likewise a thirst, a heat of the bowels, a swelling of the loins and hips, and the spittle is frothy. The Bristol water is very useful to cure this disorder; as also the following whey: "Take two quarts of milk and boil it a little, then add half an ounce of alum; take off the curd:" a quartern of this taken three or four times a day will seldom fail to cure this troublesome disorder.

**URINE, difficulty of** If this proceeds from a spasm or cramp of the neck of the bladder, oil of sweet almonds, poppy or linseed oil may be given inwardly, a spoonful at a time, and gentle opiates, if the disease requires them: when the spasm is caused by sharpness of urine, give laxatives to open the body, and the powder of crabs claws, or diaphoretic antimony; the dose is half a dram, the decoction of mallows, or the syrup of marsh mallows. When the difficulty proceeds from blood in the

the neck of the bladder, it must be dissolved with tea made with ground ivy, or male speedwel, or with diuretic salt, the dose is from half a dram to a dram: in the mean while apply hot roasted onions to the region of the pubes, and give a clyster of camomile flowers boiled in milk; if they fail, a catheter must be introduced into the neck of the bladder. When there is a difficulty of urine of pregnant women, the best remedy is to ease the pressure on the part.

**WARTS.** The most certain method of taking off warts without deformity, is to dissolve sal ammoniac in as little water as you can, and dab them several times a day with the solution; if you are not impatient, they will vanish without leaving any mark behind.

**WHITES.** To cure this disorder, it will be proper first to cleanse the stomach with a vomit of ipecacuanha, and afterwards to take two or three doses of half a dram of rhubarb, with twelve grains of diuretic salt, twice a week; sometimes a prudent repetition of this will carry off the disease without any farther trouble: if this fails, give the following bolus in its room. "Take of rhubarb twenty five grains, of calomel seven grains, of solutive syrup of roses enough to make a bolus:" it is to be given early in a morning, taking care of catching cold. If this likewise is ineffectual, give thirty drops of the tincture of cantharides twice a day, in a large draught of the decoction of guaiacum. After all, if nothing else will do, recourse must be had to the styptic powder as the only anchor of hope: that is, the powder of equal quantities of rock alum and dragons-blood melted together, from a scruple to a dram of which may be taken thrice a day or oftner, according to the urgency of the disease. But care must be taken that the patient has no venereal taint, or that this disorder is not in consequence of the King's evil; for then regard must be had to the original disease.

**WHITLOWS.** This is a painful inflammation at the extremity of the finger tending to suppuration; when it is slight, it only affects the fatty membrane round the nail: another kind is attended with an inflammation of the periosteum, and is much more painful than the former. It is often accompanied with a fever, and other bad symptoms. The worst kind is seated in the tendons inserted into the bones of the last joints of the fingers; in which case the pain will be very violent and cause an intense fever, restlessness, convulsions and a delirium.

In all kinds of this disease, it will not be prudent to wait for a suppuration, but to lay the part open by incision, and so discharge the confined matter; in the first case, it may be made in length on each side the nail; and when the periosteum is inflamed through the nail to the bone; but in the last and worst kind the incision must be made on each side the finger with a lancet, so as to divide the ligamentary sheaths which confine the tendons close to the bones, without injuring the tendons themselves. This operation must be performed by one well skilled in the structure of the parts; after this a fomentation must be applied with lime water and camphorated spirit of wine. The patient may be bled in the other arm, and take Epsom salt to purge him; afterwards the wound may be dressed with Peruvian balsam; but if the bone is foul and rotten, the wound must be kept open till it exfoliates, or till the whole bone comes away: the dressing may be completed with dry lint, kept on with a diachylon plaster, and secured by a proper bandage applied spirally round the finger.

*WOMB, falling down of.* This is a common disorder, and sometimes proceeds so far, that the womb becomes quite visible; sometimes it is only the internal membrane of the vagina: it is very seldom dangerous, for some have had it thirty years. In the cure, first give a common clyster; and then bleed, then apply white bread and milk to the part, or place the patient in an emollient bath, to soften the parts: then place the patient on her back with her hips higher than her head, and her legs quite asunder; then put the womb back by degrees where you find the least resistance, and without any violence: let her lie in bed with her thighs close and her legs across for fifteen days. To compleat the cure, take a scruple of alum and dragons blood, mixt together in equal parts, three times a day; then boil two ounces of oak bark in two quarts of water to one; towards the end, add an ounce of pomgranate rind, and an ounce and a half of red roses: strain the liquor, and mix it with half a pint of red wine; let the parts be fomented with flannel dipt in this liquor, morning and evening. If these should fail, a broad ring made of cork and covered with bees wax, may be put up and retained without trouble.

*WOMB, Inflammation of.* This is attended with a pain, heat and tension at the bottom of the belly, an acute fever, and inflation of the belly, a constant urging to make water and go to stool: when the inflammation is violent, there is a frequent fainting, and almost imperceptible pulse, and the extre-



tremities are cold, with a delirium and a phrensy, and what is very remarkable, the breasts swell in proportion as the inflamed part. In this case, the patient must live on chicken or veal broth; likewise after bleeding, let her take a spoonful frequently of a mixture of equal parts of syrup of marsh mallows and oil of sweet almonds, and inject a domestic clyster, or the following: "Take of cows milk half a pint, brown sugar  
 " and oil of sweet almonds of each an ounce, mix and make  
 " a clyster." To ease the pain, give anodynes or opiates from the very first, beginning with the mildest, as six drams of syrup of white poppies, or half a grain of the Thebaic extract, and afterwards twenty drops of the Thebaic tincture, enlarging the doses as occasion requires; after three or four days, give an ounce of manna dissolved in a little whey; but perhaps the shortest method after bleeding, will be to lay a blister over the part affected, or as near it as may be.

Sometimes after hard labour, or from the fault of unskilful midwives, women in childbed have a slight disorder of this kind; and then give a powder made with a scruple of crabs eyes, ten grains of diaphoretic antimony, four grains of purified nitre, and five grains of Virginian snake root, repeating it as occasion requires. When there are hysteric spasms, add four grains of castor; likewise it will be proper to give a spoonful of oil of sweet almonds mixt with sperma ceti every day, anointing the belly with three ounces of oil of elder, in which a dram of camphire is dissolved. When this disease proceeds from external causes, and there is a fever, a pain in the groins, difficulty of urine and a costiveness, bleed first in the arm, and then in the foot; afterwards give a clyster, and then lay some of the following plaster to the grieved part: "Take of  
 " the drawing plaster two ounces, of sperma ceti half an  
 " ounce, of gum ammoniac two drams, of saffron a dram,  
 " of camphire half a dram; mix and make a plaster."

WORMS. Children troubled with worms have a gnawing, pricking pain in the belly, and sometimes a discoloured face; they often start in their sleep, have a voracious appetite, and a stinking breath: sometimes they have an inclination to vomit, and their mouth becomes full of water: they have often a swimming in the head, or scratch their nose. Infants have generally a swelled belly, and void a thick whitish matter: some are thrown into fits, others have a worm fever, and sometimes adults void worms upwards and downwards.

Infants who cannot take medicines by the mouth, may be cured by the following plaster: "Take of chemical oil of wormwood eight drops, of aloes in powder eight grains, of oxes gall enough to bring them to a proper consistence:" spread this on leather, and lay it to the navel. For others the following powder will serve in the room of every thing else. "Take of black-tin reduce dinto fine powder a scruple, of Ethiops mineral ten grains; mix them." This must be taken every morning in syrup of sugar or common treacle, taking a purge after every fourth dose, as for example the following powder: "Take of choice rhubarb three drams, scammony and calomel of each a dram; mix them." The dose for an adult is half a dram.

**WOUNDS** *without loss of substance.* To cure these you must bring together the divided lips, and keep them in that posture; then dress them with dry lint, or some mild balsam spread on lint, to keep the wound from the air. All slight wounds may be cured with the traumatic balsam, or Frier's balsam, applied with lint alone, without any trouble, and without suppuration: sometimes a wound requires digestion, and then laudable matter is to be procured by keeping the wound from the external air, for then the heat of the part will change the extravasated chyle and serous juices into a white pus, which will deterge and separate the dead lacerated ends of the vessels and fibres, that they may afterwards unite with each other; and therefore laudable matter is so far from injuring a wound, that it serves both to incarn and consolidate it; though some, from an erroneous opinion of its being offensive, are so scrupulously exact in wiping it off, that they retard the healing of the wound almost as fast as it is advanced by nature. In all dangerous wounds, a surgeon must be called in immediately, otherwise the patient may lose his life by unnecessary delays; the wound may be cicatrized with dry lint, or with lint dipt in Frier's balsam. See **ULCERS**.

**YAWS.** This disease was very common among the blacks of Africa, and has by them been introduced into all our plantations; it appears first in little spots on the skin in all parts of the body, which daily encrease, and become like large pimples: afterwards they appear like white sloughs, which falling off leaved funguses behind them. In the cure give the following bolus every night, for a fortnight or three weeks: "Take of flowers of sulphur a scruple, of camphire dissolved in a little spirit of wine five grains, of Venice treacle a dram, of sy-

"rup

“rup of saffron enough to make them into a bolus;” dissolve a dram of corrosive sublimate in an ounce of rum, and touch the yaws with a feather, and they will all fall off. His constant drink may be the decoction of guaiac and sassafras, fermented with molasses. Afterwards the cure is to be perfected by the method of treating the French disease, or let him take the following electary: “Take Ethiops mineral an ounce and a half, of gum guaiac half an ounce, Venice treacle and the conserve of roses of each an ounce, of oil of sassafras twenty drops, of syrup of saffron enough to bring them to the consistence of an electary;” the dose is two drams morning and evening. But as mercurials, and even salivation, often fail in the cure of this disease, I shall give the reader another prescription, which is used in Carolina, and is said to be a certain cure: “Take four ounces of the bark of Spanish oak, two ounces of the middle bark of the pine-tree, two ounces of the root of sumach that bears the berries, of water sufficient to make a strong decoction.” The patient must drink a full pint of this milk-warm, which will make him vomit plentifully; the day following, let the patient begin to drink half a pint three times a day, that is, morning, noon and night, for six weeks; and let the sores be washed six times a day with the same decoction, till they are healed up, and the patient becomes well. He must abstain from flesh-meat and strong liquors during the course.

## ADDENDA.

# A D D E N D A.

**B**LADDER, *inflammation of.* This is known by a burning, pressing pain at the very bottom of the belly, attended with a fever, a continual desire of going to stool, and a perpetual striving to make water; add to these a want of appetite, vomiting, coldness of the extreme parts, restlessness and sometimes convulsions.

If this disease has been preceded by an obstruction of the menses, or a stoppage of the bleeding piles, the patient must be bled in the foot; if he is costive, give him an ounce or two of manna; then direct the following powder: "Take  
" of purified nitre a scruple, of diaphoretic antimony fifteen  
" grains, of saffron five grains, of camphire two grains,  
" mix and make a powder;" then anoint the pained parts between the legs, with the following liniment: "Take of oil  
" of sweet almonds three drams, of spirit of sal ammoniac  
" one dram, of camphire a scruple, of ointment of marsh-  
" mallows an ounce, mix and make a liniment;" sometimes the perpetual needing, and the difficulty of making water, arise from spasms, or a kind of cramp; and then boil camomile, mallow and elder flowers in milk; pour this decoction into a close-stool, and let the patient sit over it.

BREASTS, *diseases of.* Those that give suck are more liable to disorders of the breasts than other women; the first that I shall mention, is a rough *unequal SWELLING of the breast*, preceded with a slight shivering, and attended with heat, tension, pain and redness; it is succeeded by a feverish disorder, which frequently goes off in thirty six hours; it sometimes, when neglected, turns to a suppuration and abscess; its cause is the stagnation of milk in the breasts: this may arise from sudden cold, bad aliment, or change of diet, irregular suckling, and blows; as also from the infant's being too weak to suck. When the swelling is very great, there is a pain in the back part of the arms, and parts adjacent: when this disorder is very bad bleeding will be proper, and the diet should be thin broth, and the drink should be maiden hair used  
like

like tea ; keeping the patient, especially her breast, very warm ; her belly may be emptied by clysters, and a poultice with white bread and milk, mixt with honey and half a scruple of saffron, may be laid to the breasts ; but above all, the disordered breast should be drawn by a grown person ; which is the most certain cure : instead of the poultice, the following plaster may be applied, which is very efficacious : “ Take of sperma ceti an ounce, of white bees wax two ounces, of galbanum half an ounce, of oil of elder enough to bring them to the consistence of a plaster ;” or the following cerate, which is to be had in the shops : “ Take of oil of olives a quarter of a pint, of white wax four ounces, of sperma ceti half an ounce, mix them together and keep the mixture stirring till it is cold.”

**BREASTS,** *inflammation of.* When the former disease is neglected, or is not resolved in three days, it will turn to an inflammation, and this to an **ABSCCESS** or **ULCER**. In this case, speedy bleeding should never be omitted, either in the arm or foot ; and the poultice with white bread and milk, mixt with honey, should be applied to the part ; or marsh-mallows may be boiled in milk for a fomentation, or linen cloths dipt in spirit of wine may be applied hot : when the inflammation is discussed by these means, it rarely happens before the seventh day. When it tends to a suppuration, apply the following cataplasm : “ Take of figs four ounces, of yellow basilicon an ounce, of strained galbanum half an ounce ; first beat the figs to a pulp, with a little wine or strong beer ; then melt the basilicon and galbanum together, and mix them well over the fire.” When the abscess breaks, or is open’d with a lancet, your first dressing must be dry lint, which must be very soft, and the cavity must be entirely filled with it, laying a pledgit over the whole : in a day after this, the lint may be spread with a mixture of basilicon and ointment of gum elemi, or rather with the ointment itself : over the dossils of lint lay a large pledgit of tow spread with basilicon ; these dressings must be continued till the wound is incarned and filled up by nature ; after this it may be healed by dry lint alone, or dipt in Friars balsam. When the matter discharged from the abscess is mild and small in quantity, it will be sufficient to renew the dressing once in twenty four hours ; but when it is acrid, or the weather hot, two or three dressings are required in that time. If it should turn to a *foul* **ULCER**, then cleanse it with basilicon and red precipitate mixt together, and if it

should be deep, keep it full of dry lint, to give an opportunity of dressing the ulcer down to the bottom, and to prevent the lips from closing too soon.

**BREASTS, NIPPLES of, *chapt.*** This disorder may be cured by the application of the mucilage of quince seed, or with the powder of gum tragacanth, sprinkled on through a fine muslin rag, or with the oil of wax; the infant should suck the fore nipple as little as possible, that it may have time to heal.

**COLD, *catching of.*** When a person has caught cold, it may be cured by lying much in bed; by drinking plentifully of warm sack-whey, with twenty or thirty drops of spirit of hartshorn in each draught; by avoiding all flesh-meat; by taking a scruple of the compound powder of crabs claws every night and morning; in short, by treating it as a slight fever: for this reason, a small dose of Dr. James's *Fever Powder* is an excellent remedy in this disorder. If the patient has a cough, let it be softened by a mixture of a little sugar candy, with oil of sweet almonds, or a solution of gum ammoniac in an ounce or two of barley water; or rather two or three spoonfuls of the milk of gum ammoniac every three or four hours: these things will render expectoration easy.

**EYE, *blood-shot.*** This disorder may be known by the blood-red colour of the white of the eye, which afterwards turns livid or black; it is caused by a blow or fall, or a violent vomiting, whereby the blood is extravasated in the coats of the eye: when the cornea is thus affected, all objects will appear of a red colour; but this is seldom the case. When the disorder is slight, it will vanish in time without any application; but when great, the juice of fennel may be mixt with a little balsam of Peru, and dropt into the eye; the patient likewise should bleed by way of revulsion, and take a gentle purge, such as an ounce of Epsom salt: when it turns to an **ULCER**, mix a little brown sugar with the sapphire coloured water of the shops, and drop it into the eye.

**EYE, *white speck or spot in.*** When this is superficial, it always appears white; but when it is deeply rooted, it tends to blackness, and is scarce curable. That which follows an inflammation of the eye, generally disappears without any application. To take off this, it is common to mix a little sugar candy with the water of fennel or eye-bright, or the juice of fennel or celandine; or these last may be mixt with a few drops of the balsam of Peru; when the juice of celandine is used alone, it will be proper to dissolve a little gum tragacanth in

in it to soften it; but the blew or sapphire coloured water of the shops, is as useful as any thing, dropt into the eye; or rather the spot should be touched with a hair pencil dipt in the water.

**EYE, watry.** This generally arises from the weakness of the lachrymal gland, for which reason it will be proper to use strengtheners externally, such as Hungary water, fennel and valerian water; the parts round about the eye should be washed with these: likewise a revulsion should be made with blisters and issues. When the nasal duct is obstructed, or when it turns to a lachrymal fistula, the assistance of a surgeon will be wanted; when the lachrymal gland is destroyed, it is incurable.

**EYE, a web in.** This is a fleshy skin that arises from the corner of the eye, and at length covers the eye entirely or in part; sometimes the web is thin and white, sometimes thick, rough, obscure and painful; sometimes it turns cancerous, and then nothing is to be done. In the cure, this web or coat is to be eaten off by corroding medicines, or removed by the hand of the surgeon; the juice of celandine is recommended, in which glass of antimony or crocus metallorum has been infused; or make use of the following *collyrium*: “Take of the stone called hæmatites prepared half a scruple, “of white vitriol fifteen grains, myrrh and saffron of each “five grains, of white sugar candy five grains, mix them “and make a powder;” mix this with fennel water, and with a hair pencil or fine feather apply it to the part.

**FAINTING FITS.** Sometimes this disorder proceeds from loss of strength, from profuse bleeding, from a sudden fright, from some terrifying spectacle, from long fasting, and from the hysteric passion, as well as from a decayed strength proceeding from other diseases.

In the slighter sort which happens from the opening of a vein, from the sight of blood, wounds, ulcers, the cutting of a limb, and so forth, the patient had best go into the air, which will effect a cure; but if this cannot be done, hold volatile spirits to the nose, or sprinkle the face with cold water, or give them a draught of generous wine. When the patient is to be let blood, and is afraid of fainting, it will be proper to lay him on the bed till it is over.

When the fainting fits are more grievous, apply the strong spirit of sal-ammoniac to the nostrils, temples and pulses, with strong frictions; or give forty or fifty drops of some strong  
volatile

volatile spirit inwardly in water ; not forgetting a draught of strong generous wine, or a glass of cinnamon-water ; likewise the hands and feet may be rubbed strongly with coarse cloths, or he may be pulled by the ears, nose, &c. till he recovers.

When the patient is hysteric, things that have a strong smell should be applied to the nose, such as castor, assa foetida, partridges feathers burnt, burnt leather, horn or the like ; or the volatile fetid spirit, not forgetting vellications or frictions of the aforesaid parts.

When it proceeds from losing too much blood, from wounds or otherwise, it must be stopt as soon as possible ; and the patient must take strong broths, gellies, spirituous liquors, and generous wines. The same remedies will do in loss of strength from diseases, and from a defect of spirits and good juices.

**GUTTA SERENA.** This is a loss of sight when no fault appears in the eyes ; the cure may be promoted by drinking the infusion of male speedwel, rosemary-flower, sage, fennel, valerian root, and saffrafras in the manner of tea ; the powder of hog-lice are excellent in this case, the dose is half a dram twice a day, or two ounces of the expression of hog-lice of the shops ; sulphur of antimony, given to three or four grains once a day, is accounted a specific : issues on the future on the top of the head, are likewise proper, or in the neck ; as also cupping with scarification on the back part of the head, by which some have been restored to sight in an instant : a grain of calomel given every night in conserve of roses, has been of great service. When all things else fail, the head must be shaved, and a blister laid all over it ; however, when this disease is old and obstinate, it is generally incurable.

**HEAD-ACH.** Sometimes this happens from too great a quantity of blood rushing into the head, which arises from a plethoric state of the body, or from the usual bleeding of the nose being suppressed ; and then there is a pain in the whole head, which is hot, swells, aches and looks red, the vessels of it swell, and there is a strong pulse in the neck and temples. In this case, bleeding is necessary in the forehead or jugular veins ; or leeches may be applied behind the ears ; or you may bleed in the ankle first, and then in the veins about the head the next day : at the same time the body must be cleansed with manna, rhubarb and cream of tartar, or an ounce of Epsom salt.

When the head-ach proceeds from a copious vitiated serum or rheum, stagnating in the membranes of the head, with a  
dull



dull heavy continual pain, which will neither yield to bleeding or laxatives, then the thick humours must be dissolved by the following pills, and carried downwards: "Take of gum-ammoniac a dram; myrrh, succotrine aloes, extract of black hellebore, rosin of jalap, mercurius dulcis, prepared cinna-bar, of each half a dram; extract of saffron, castor, and salt of amber, of each fifteen grains; make twelve pills out of every scruple, of which six must be taken at night, and six in the morning;" they may be repeated every three days, and on the days they are taken, the patient must have nothing but thin broths: when there has been a sufficient evacuation, the patient should exercise till he is in a sweat, and use strengtheners, strong frictions, and such a diet as promotes urine. *See diuretics.*

If this fails, lay a blister of the size of a crown piece to the nape of the neck, with a few grains of camphire; this must be renewed from time to time, and kept running for a long while; when the disease is evident to the sight and touch, lay a blister all over the head.

When there is a violent pain fixed in one place, lay the adhesive plaster on the part with a small hole in the middle, on which lay a mixture of volatile sal ammoniac and mustard seed. When the head-ach happens from a stoppage of the nose, hold a strong smelling bottle frequently thereto; or take an herb-snuff with flowers of benjamin and powder of cloves mixt therewith.

When the head-ach arises from a corrupt mass of blood, and an impure serum, as in the French disease and scurvy, drink a quart a day of the decoction of the woods, in which an ounce of powder of antimony has been boiled and tied up in a rag; I mean an ounce to every quart: this must be used after evacuations, with the pills abovementioned; a medicine to promote sweat will be likewise proper. "Take native cinnabar, diaphoretic antimony, volatile salt of hartshorn, purified nitre, of each ten grains; of camphire half a grain; mix and make a powder for one dose;" this is to be taken at bed time, drinking a draught of the decoction of the woods after it.

When the head-ach affects all one side of the head, the humours should be carried off by a vomit, with an ounce of ipecacuanha wine, and downward with an ounce of Epsom-salt; then give bitters to strengthen the stomach.

When the head-ach is so intolerable as to endanger the patient's life, first open the body with a clyster, then give an ounce

ounce of diacodium at night, or twenty drops of liquid laudanum, as also a scruple of cinnabar, laying the following liniment to the temples: "Take of expressed oil of nutmegs half an ounce, of cane storax a dram, extract of saffron and balsam of Peru of each half a dram, of oil of rhodium twelve drops, make a liniment." When the pain is mitigated with the above prescriptions, give a gentle purge; when there is a violent pain in the inside of the nose, cause the nose to bleed with something thrust up the nostrils. When there is a sharp humour lodged under the covering of the skull, make an incision as in a whitlow: some affirm *Marum Syriacum* will certainly cure an obstinate head-ach; the dose is half a dram.

**JAUNDICE** in children. Many infants are afflicted with this disease soon after they are born, for which the following powder may be given in the nurse's milk, viz. a grain of saffron with a grain of mineral bezoar, twice or thrice a day.

**KIDNEYS**, *Inflammation of*. This is known by a pungent burning pain in the place where the kidneys are seated, attended with a fever; the urine is made often and small in quantity, and is very red and flame-coloured; but in the height of the disease, watry; there is a numbness of the thigh, and a pain in the groin and testicle of the same side, with a bilious vomiting and continual belching.

Keep the body open with the following clyster; "Take of cows milk half a pint, muscovado sugar and salad oil of each an ounce mix them;" then lay a blister to the region of the loins; also gum arabic should be taken often, mixt with syrup of marsh mallows: when there is an excessive pain, an ounce of diacodium may be proper, which may be repeated at proper intervals. This method carefully pursued, will cure this disease without any thing else.

**LABOUR**, *hard or difficult*. When this arises from want of strength in the mother, and the child lies in a natural situation, as also when the mouth of the womb is open, which the midwife is to be sure of by examination, then something cordial should be given, as a small draught of generous wine mulled or otherwise, which may be occasionally repeated: sometimes the mother is teased with false pains, resembling those of the colic, and then it will be proper to give a grain or two of opium, which will give her ease, and nature will be able to perform her work effectually; besides, this will open and relax the genital parts.

When

When the genital parts are in fault as being too strait or hard, which sometimes happens at the first birth, especially when the woman is not young; or when the parts are too dry: in these cases, they must be often anointed with fresh oil or butter, and the mouth of the womb must be carefully dilated with the fingers. When the Womb is preternaturally close by some excrescence or membrane, or the vagina is closed by a coalescence, a surgeon's assistance will be wanted.

Sometimes the midwife is in fault, when she is for hurrying on delivery too hastily, before there is any true labour-pains, and before the mouth of the womb is open, which is a certain sign to distinguish the true pains from the false. In this case, no forcing things should be given, but the mother should be suffered to rest till the true time of birth comes on.

When the fault is in the situation of the child, the care of a skilful person is necessarily required to deliver the mother in the safest manner.

**LIVER**, *inflammation of*. This is attended with a very acute continual fever, and a violent pain in the nervous membranes of the liver, which is felt every time the patient draws in his breath: there is likewise a cough, sneezing, and a sense of repletion or fullness of the stomach, a nausea, vomiting, a compression of the belly in going to stool or making water; the breathing is not deep but small, and is performed by the breast only, for the abdomen or belly remains immoveable: there is a constant delirium, a sardonic laughter, and as the disease advances, convulsions. The cure is the same as in other inflammations, but clysters are particularly advantageous; and the best remedy after plentiful bleeding, is a blister laid to the part affected; the liquors taken inwardly should be cooling and small, such as whey with the leaves of sorrel boiled in it, or mixt with jelly of currants: as also tamarinds boiled with water or whey. If this method is pursued in time, it is seldom attended with any danger.

**MADNESS, MELANCHOLY**. These are so nearly allied, that they cannot well be treated of apart; when a person begins to be melancholy, he is sad, dejected, dull without any apparent cause; he is fearful, and yet loves to be alone: he is generally, costive and his excrements are often dry, round, and covered with a black bilious humour; their urine is a little sharp and bilious, the countenance is pale and wan, they are weak and inactive, and yet are often greedy in eating.

These

Those who are *actually mad*, are in an excessive rage when provoked to anger; some make a hideous noise, others shun the sight of mankind, and others again endeavour to do themselves a mischief; some are mad only at times, and others have their raving fit at the new and full moon, especially in hot weather.

In the cure, bleeding is the most efficacious of all remedies: open a vein first in the foot; in a few days after in the arm, then in the jugular, or in the nostrils with a straw; and last of all in the vein of the forehead with a blunt lancet, for fear of hurting the membrane that surrounds the skull, making a ligature round the neck to cause the veins to swell; warm half baths are likewise convenient, to derive the blood from the head to the lower parts: but before he enters the bath, he should have his head covered with a cloth dipt in cold water, or poured thereon; purgatives are likewise useful, but the gentle are preferable to the violent, especially when this disease proceeds from the hypochondriac passion.

Add to these the Selters mineral waters, which is sold in London, mixt with a third part of asses milk, which should be drank spring and fall five or six weeks; but more especially, the nitrous decoction is of singular service in melancholy-madness; the following mixture has cured many people: "Take of the leaves of balm cut small a handful, infuse them in a quartern of brandy, and then add half a dram of crabs eyes, mix them;" the dose is two spoonfuls three or four times a day: some give a dram of white briony root in a quarter of a pint of milk to purge off the bad humours, and some direct large doses of camphire, even to half a dram every night. When the patient is exhausted, bleeding is hurtful, and restoratives good; sometimes it will be proper to give a scruple of black hellebore in the morning, and a composing draught at night, which may be used frequently if not too violent in the operation, and then the dose may be lessened; but remember that opiates often given, render the patient stupid: among the other medicines, it will be proper to give an ounce of tincture of valerian root pretty often, for it is of singular advantage to the head.

NURSE, *the choice of a good one*. When the mother cannot or does not choose to give suck, it will be necessary to provide a good nurse; her age should be from twenty three to thirty, for then she is in her full health, strength and vigour; she must have lain in no less than a month or six weeks, and

not

not above three or four months; care must be taken that her child is healthy, and if it be the second or third so much the better, because she will then have a greater quantity of milk; if she has already suckled another's child with success, it is a proof of her ability and the goodness of her milk; but the principal thing is the healthful constitution of her body, for on this all the rest depend. Her parents, if known, should have had no tedious chronic disease, much less the venereal infection; she must not have a pale sickly look, nor be liable to disorders of any kind; but her skin should be white, neat, clear, and free from breakings out of all kinds: she should not be weak and inactive, but able to undergo fatigues, and her husband should have the same signs of health; she should neither be too fat nor too lean, nor distinguished by any deformity of the body; nor yet must she have a return of her monthly courses, which some nurses have two or three months after they have lain in, which is a sign the blood is not right; besides, it will lessen the quantity of her milk: she should moreover be clean and neat in her person and apparel, that no bad smell may proceed from any part of her body; add to these, sound teeth, a sweet breath, a comely face, a lively eye, and a pleasant cheerful countenance: besides, if she has an agreeable voice, it will please and enliven the child.

The nurse's breast should be of a size sufficient to contain a proper quantity of milk, but not very large and swagging; they should be full, plump, smooth, pretty firm, and free from lumps, that the milk may be the better prepared; but they should not be fat nor fleshy, nor close together; the chest should be broad and full, it being a sign of plenty of vital heat: the nipples should be of a moderate size and firmness, but not too short or thick, or hard or gristy or depressed; for if the nipple is too short, the child cannot lay hold of it; and if too hard, it is not easily drawn; if too big, it fills the mouth so that it cannot suck: likewise the milk should flow out at a good distance, by a gentle compression of the breast, in several small streams.

The milk should be of a thickish consistence, not wheyish or watry, but should remain upon the hand, and not run off from a gentle inclination; but if it does not run off at all, it is too thick: the whiter it is the better, for when it is wheyish it is blue: yellow milk is a sign of too great a thickness, or a mixture of bile in those subject to the jaundice. It should be perfectly

perfectly well tasted, the sweeter the better, and free from every uncommon flavour.

Lastly, the nurse should be of an agreeable, sweet, even temper, not drunken nor passionate nor melancholy; but modest, sober and compassionate; her diet should be nourishing and easy of digestion; she should carefully abstain from all salted smoak-dried provisions, sour things, as well as spices, drams, and all kinds of sharp acrimonious food; should live in a healthful air, use moderate exercise, and avoid the inclemency of the weather: she should be temperate in her eating and drinking, and never fast too long, or feed to excess. These cautions well observed, will not only prevent a great many disorders in children, but hinder them from imbibing vicious inclinations, which too often are sucked in with the nurse's milk.

**PILES.** These are either the BLEEDING, or the BLIND. The bleeding piles are not always a disease, for sometimes they return regularly once a month, and then they cannot be stopt without causing grievous disorders. When it is a disease, it is often excessive, and will sometimes last from twenty to thirty days, endangering the life of the patient: the blind are varicous swellings of the veins, sometimes with excessive pain, and seldom or never bleed.

In the bleeding piles, it will be necessary to take blood from the arm, when the patient is of a full habit of body, and the patient should drink cooling liquors with a few grains of nitre, and an ounce or two of syrup of red poppies at night; but without giving a long detail of medicines, the patient needs only take half a dram of the bark every three or four hours. If this fails, which it seldom does, powder equal parts of alum and dragon's blood; the dose is half a dram every hour: a few doses are generally sufficient. In the blind piles, take half a dram or more of the flowers of sulphur in milk every morning, till they are cured; some take a spoonful at a time, or "Take  
" of lenitive electary two ounces, of flowers of sulphur half an  
" ounce, of purified nitre two drams, of syrup of oranges  
" enough to make an electary;" the dose is a dram twice a day. When the pain is great, fry leeks in butter, and that will ease it.

**PLAGUE.** This is a malignant contagious fever, attended with a violent heat, thirst, anxiety, and other grievous symptoms, together with buboes and carbuncles, commonly called plague sores; as also with black and blue marks on the skin like the wales of a whip. The description of this dreadful  
disease

disease need not be more particular, for whenever it appears, the alarm is general, insomuch that it is not liable to be mistaken; as soon as ever the patient feels a faintness with a pain at the stomach, give a vomit as soon as possible; which may crush the disease in the bud; then pour boiling water on two drams of Virginian snake-root, and when it has stood a little pour it off; then put in a glass of strong alexiterial water with vinegar, and let the patient sup it pretty hot in bed to promote a sweat: rue, betony, garlick and juniper berries steeped in vinegar, and given to the patient now and then by spoonfuls, has caused many to escape; as also the following electary: "Take  
 "rob. of elder-berries, and honey, of each half a pound, of  
 "gunpowder an ounce, of camphire a dram; mix them; the  
 "dose is a dram or two." When the buboes appear soon it is a good sign, and cupping glasses should be fixt upon them to draw them out; or a blister may be applied thereto: they should be opened with a lancet before they are quite ripe, and then cleansed with ointment of gum elemi, mixt with basilicon. Carbuncles should be treated with digestives till the crust falls off, and then with Egyptian ointment; if they mortify, they must be scarified and dressed with four ounces of spirit of wine, two drams of camphire, one dram of saffron, and as much artificial nitre made with sal ammoniac and spirit of nitre, for this will dissolve entirely in spirit of wine: in general, the patient should neither be kept too warm, nor too cold.

**POISONS.** There are various kind of poisons, but it is of very little consequence to be acquainted with their names or nature, because the cure is much the same in all, except a slow poison to be mentioned hereafter. As soon as a person is known to be poisoned, because in these parts it is generally done with somewhat of a corrosive nature, the best remedy is milk mixt with sallad oil, and taken in quantities large enough to cause vomiting; for they by their soft oleous contexture, blunt the acrimony of the poison, and defend the coats of the stomach against its effects: when the quantity of poison has been great, the patient has been sometimes obliged to take ten quarts of this mixture before it has been all brought up. When there is no oil at hand, milk alone may be given, and if the patient does not vomit, it should be promoted with some quick emetic, such as two or three grains of emetic tartar, or half a dram of salt of vitriol: when the stomach is emptied as much as possible, the patient should take half a dram of

Venice treacle or a dram of the confection of kermes, with a glass or two of soft generous wine; as also decoction of China root or saffraas tea.

There is likewise a slow poison given by the Indians in America, the effects of which are there generally known; the cure for it is three ounces of the juice of plantain, and as much of the roots of wild horehound fresh or dried; boil them in two quarts of water to one, and let the patient take one third of the decoction three mornings together: if he finds relief, it must be continued till he is perfectly recovered: they will either of them cure alone.

**RUNNING at the Nose.** The matter of this is a thin sharp serum in great plenty, which gradually becomes thick, and sometimes changes its colour; it often excoriates the parts and at length stops up the nostrils, so as to hinder breathing. Oil of aniseed mixt with barley-flower, will cure the soreness of the parts; as also oil of sweet almonds in which camphire is dissolved, will do the same, if rubbed thereon; the matter that stops up the nose may be dissolved by oil of marjoram, made into snuff with the leaves of the same plant. When the head is heavy and dull, the top of it should be anointed with balsam of Peru; when the case is very bad, it will be proper to begin with bleeding in the arm, and then give laxatives to carry the humours downward: the diet should be sparing and temperate; motion and exercise are proper, and a cold moist air bad.

F I N I S.









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